

# IT'S HERE!

## FLU SEASON 2019/2020

**Flu season is here and the best treatment is prevention!** Getting vaccinated, good hygiene, including proper hand washing, keeping your hands off your face and avoiding close contact with sick people goes a long way.

**Symptoms of the flu may include** sudden onset of fever and chills, body aches, cough, headache, fatigue, vomiting and diarrhea.

### If you are sick:

- Call the health office, Main Hall, Room 127 to schedule an appointment to be evaluated 914-674-7255.
- Cover your sneezes and coughs, use disposable tissues, wash your hands frequently and stay away from large groups of people
- Take ibuprofen (*Advil, Motrin*) or acetaminophen (*Tylenol*) for fever and body aches
- Stay hydrated with non-caffeinated, non-alcoholic fluids

### TAKE 3

TAKE ACTION  
TO FIGHT  
THE FLU



VACCINATE



STOP GERMS



ANTIVIRAL DRUGS

*If prescribed by your doctor*

**FOR MORE INFORMATION:**  
Visit the Health Office  
or Call **914.674.7255**

MERCY  
COLLEGE