

ARE YOU READY FOR FLU SEASON?



Don't let flu season beat you.
Fight back with a flu shot!

what to watch for...

FEVER

CHILLS

SORE
THROAT

BODY
ACHES

RUNNY OR
STUFFY NOSE

COUGH

8
days

The average number
of days a student
is sick with the flu.
do you have that kind of time?

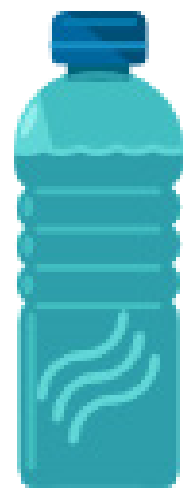
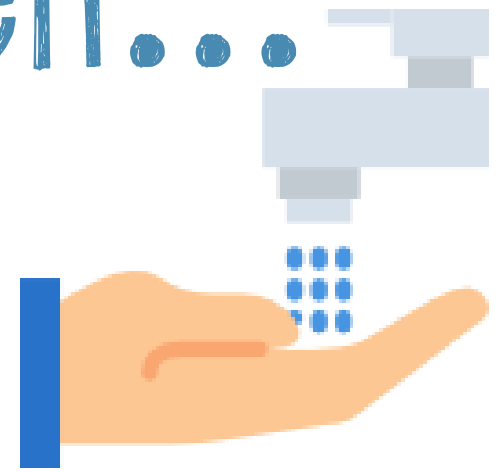
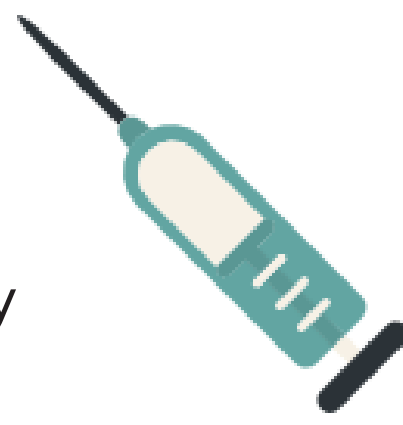
stop the spread...

If you have flu-like symptoms, stay home from work/class until you are fever free for at least 24-hours without the use of a fever-reducing medicine. See your primary care physician to help reduce the severity of the flu.



protect yourself...

- Get your flu shot
- Wash your hands frequently
- Cover your nose & mouth when you cough or sneeze
- Avoid touching your eyes, nose & mouth
- Disinfect surfaces
- Get plenty of rest
- Drink plenty of water
- Avoid contact with the sick



don't be sick...

...get the shot quick!

The flu vaccine is available in the Allergy, Immunization & Travel Clinic. Everyone aged six-months and older should receive an annual flu vaccination. Getting your flu vaccine early in the fall is the best way to be protected throughout the entire flu season.

Schedule your flu shot
by calling 479-575-7723

health.uark.edu | 479-575-4451 | @UofAHealth



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