Flu Prevention e-Kit

The first cases of seasonal influenza have been diagnosed on campus. Campus Health wants you to have the resources you need to prepare for and prevent the flu.

The links below can be downloaded, printed and posted in highly trafficked areas of your building to help protect the health of our campus community. These also work well as graphics for your social media pages.

Print & Post Resources:

- Foil the Flu in 5 Easy Steps
- Dracula Cough
- Sick Happens
- Wash Your Hands #1
- Wash Your Hands #2

If you get sick:

Flu symptoms include fever (over 100.0°F), cough, body aches, sore throat (and sometimes runny nose or vomiting and diarrhea).

- Stay home, especially while running a fever, to avoid exposing others to the flu
- If you live in a residence hall, notify your Resident Assistant or front office, or if you live in a sorority or fraternity, notify the House Director or Greek Health Advocate
- Cover your cough or sneeze with your sleeve
- If accessible, wear a surgical mask when your roommate is in the room.
- Wash your hands often with soap and water or an alcohol-based hand sanitizer.
- The phone number for the Campus Health Triage Nurse is (520) 621-6493 and the After Hours On-Call Provider at (520) 570-7898.