

When do I need to go to the Health Center?

Although you can usually care for yourself when you have the common cold or flu, if you develop any of the following symptoms, you should go to the Student Health Center and be seen by a medical provider.

- Persistent cough lasting more than 10 days or fever lasting more than 2 days (48 hours)
- Severe headache, stiff neck, or severe pressure in face or forehead NOT relieved with pain medication
- Difficulty swallowing fluids or food
- Trouble breathing or wheezing (particularly if you have asthma or smoke)
- Pain or tightness in chest when breathing
- Severe vomiting
- Improvement but later return of fever or cough symptoms

Academic Year Hours of Operation

Monday, Tuesday, Thursday, Friday
8:00 a.m. - 4:45 p.m.
Wednesday
9:00 a.m.- 4:45 p.m.
Limited Services 12:00 - 1:00 p.m.

Summer Hours

Monday-Friday
7:00 a.m. - 3:15 p.m.

What else does the Health Center offer?

Fresno State's Health Center offers a variety of medical services including:

- First Aid
- Physical Exams
- Sexual Health
 - * Health care services for Women (including annual exams)
 - * Birth control counseling and methods/ supplies
 - * Emergency Contraception
 - * Pregnancy testing & counseling
 - * Testing and treatment for sexually transmitted infections (STI's)
- Immunizations, TB testing and allergy injections with medical approval
- Limited minor surgery
- On-site x-ray, pharmacy, and lab
- Nutritional counseling for weight control, heart health, and meal planning
- Alcohol, Tobacco & Other Drugs counseling, referral and education
- Psychiatry
- Dermatology
- Psychological Services

There is no charge for most tests performed within the Health Center, but laboratory tests which are performed in a referral laboratory, such as pap smear cytology, are charged at actual cost plus a small handling fee. Also, there may be a charge for duplicate copies of X-ray films.

California State University, Fresno Student Health Center



Student Health Services
5044 N. Barton Avenue Fresno, CA 93740-8012
Tel: 559-278-2734
www.csufresno.edu/health

KEEP THE COLD AND FLU AWAY FROM YOU!

What is the Cold?

The cold is a common contagious illness, caused by viruses, which may last 1-2 weeks.



Symptoms at a Glance:

| SYMPTOMS | COLD | FLU |
|-------------------------|---------------------------|--------------------------------------|
| Fever (100°F or higher) | Rare | Usually Present |
| Aches | Mild if present | Usual, often severe |
| Chills | Uncommon | Fairly common |
| Tiredness | Mild | Moderate to severe |
| Sudden Symptoms | Symptoms appear gradually | Symptoms can appear within 3-6 hours |
| Coughing | Hacking, productive cough | Common |
| Sneezing | Common | Uncommon |
| Stuffy nose | Common | Uncommon |
| Sore throat | Common | Common |
| Chest Discomfort | Mild to Moderate | Often Severe |
| Headaches | Mild if present | Common |

Treatment/Symptom Relief

Because the cold and flu are caused by viruses, they cannot be treated with antibiotics. Instead,

- get plenty of rest
- drink lots of fluids (not alcohol)
- avoid smoking, secondhand smoke, and other pollutants
- gargle with warm salt water.
- take over-the-counter medications to relieve pain or fever.

What is the Flu?

The flu is a contagious respiratory illness, caused by viruses, and characterized by more severe symptoms than the cold.

Prevention

The cold and flu are spread through contact with infected people and objects. To avoid becoming sick:

- avoid contact with others who are sick.
- wash hands often with soap and water or alcohol-based hand cleaners.
- cover coughs and sneezes
- stay at home when sick for at least 24 hours after your fever (100°F or higher) is gone
- remember to get your flu vaccination every year

What causes the Cold and Flu?

The flu and cold are each caused by different viruses .

Is there a cure?

There is no cure for the common cold or flu, however, you can work to relieve symptoms.

For more information visit www.cdc.gov

Revised October 2011

Cold & Flu Kit

Includes:

- Antibacterial hand gel
- Cough expectorant
- Pain reliever
- Nasal decongestant
- Cough drops
- Oral thermometer
- Tissues

\$5.00

Available for purchase at the **Student Health Center**