2015 Flu Vaccine Clinics
Make an appointment to get your flu shot at University Health Services!

Easy online scheduling for Carnegie Mellon students, staff and faculty: www.cmu.edu/health-services/

BY APPOINTMENT ONLY*

Wednesday, September 23
8:30 – 11:45 am and 1:30 – 5pm at UHS

Thursday, October 1
10am – 12pm and 1:30 – 5pm at UHS

Wednesday, October 7
9am – 12pm at UHS
1:30 – 4:30pm at NREC

Monday, October 12
1:30 – 5pm at UHS

Thursday, October 15
10am – 12pm and 1:30 – 5pm at UHS

Monday, October 19
1:30 – 4:30pm at Bakery Square

Friday, October 23
1:30 – 5pm at UHS

Wednesday, October 28
8:30am – 12pm at UHS
2 – 4pm at PPG Place

Wednesday, November 4
10am – 2pm at Benefits & Fitness Fair, CUC

Vaccine costs:

• Covered for students on the CMU Student Health Plan and staff and faculty

• $25 for students on other health plans and spouses and partners (payable by student account or check)

*Spouses and partners may walk in during any UHS clinic.

Questions? Contact us at health@andrew.cmu.edu or 412-268-2157
Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

Clean your Hands

Wash hands with soap and warm water for 20 seconds or clean with alcohol-based hand cleaner.

after coughing or sneezing.
How do you know if you have the flu?

Signs of the flu can include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Feeling weak or more tired than usual
- Headache
- Chills
- Body aches
- Vomiting
- Diarrhea

Two less common signs of the flu include:

Not everyone who is sick with flu will have all the signs of the flu at the same time. Some people with the flu don’t have a fever. Most people who get the flu get better without seeing a doctor or taking medicine.
Cleaning to Prevent the Flu

How long can the flu virus live on objects, such as doorknobs and tables?

The flu virus can “live” on some surfaces for up to 24 hours. Routine cleaning of surfaces may reduce the spread of flu.

What kills flu viruses?

Flu viruses are killed by heat above 167° F [75° C]. Common household cleaning products can also kill the flu virus, including products containing:

- chlorine
- hydrogen peroxide
- detergents (soap)
- iodophors (iodine-based antiseptics)
- alcohols

How should a caregiver handle a sick person’s tissues or other items?

Make sure to wash your hands after touching the sick person. Also wash after handling their tissues or laundry.

For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu.
IF YOU ARE ILL:

- Do not attend classes or go to work. Stay home until you are fever-free for 24 hours after stopping fever-reducing medicine.
- Avoid close contact with others.
- Cover your coughs and sneezes with tissues or your sleeve.
- Wash your hands often with soap and water or alcohol-based hand cleaner.
- Contact your healthcare provider or University Health Services.

To feel better:

- Stay home, especially if you have a fever
- Rest
- Drink plenty of fluids
- Use a clean humidifier or cool mist vaporizer
- Avoid smoking and second-hand smoke
- Take acetaminophen (Tylenol), ibuprofen (Advil) or naproxen (Aleve) for pain/fever

IF YOU ARE A CAREGIVER OR ROOMMATE:

- Monitor yourself and roommates for flu symptoms. If you develop flu-like illness with high fever (100°F/37.8°C), isolate yourself from others and contact your healthcare provider or UHS.
- Avoid close contact with the sick person.
- Clean your hands often with soap and water or an alcohol-based hand rub. Especially after you touch the sick person or any surface or object they have touched.
- Do not touch your eyes, nose or mouth after touching shared surfaces.
- Clean shared surfaces before and after use. Use common household cleaning products; do not share linens, eating utensils, or dishes.
- Maintain good ventilation in shared spaces. When possible, keep windows open.
- If you have a medical condition that puts you at high risk for complications from the flu, you should not be the designated caregiver.