



# Healthy Headlines

Influenza A/H3...the flu.

Jan 22-Feb 5 2013

CSB Health Services  
College of Saint  
Benedict

Lottie Hall, Lower  
Level  
*(entrance is across from  
the BAC)*

St. Joseph, MN  
56374

(320) 363-5605

**Hours:**

- Monday-Friday  
8:00 am - 4:30  
pm
- Weekends  
CLOSED
- Breaks  
CLOSED

Appointments are  
preferred

E-mail us!

**healthinfo@  
csbsju.edu**

Where we got our  
info:

MN Dept of Health  
[http://  
www.health.state.mn.us/divs/idepc/  
diseases/flu/  
basics/  
flufacts.html](http://www.health.state.mn.us/divs/idepc/diseases/flu/basics/flufacts.html)

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CSB Health Advocates



Have fun. Play smart. Live well.

## The flu is here—protect yourself!

It's all over the news, but just because you have heard it many times does not mean you should take it lightly. Since the beginning of the flu season, 1,842 people have been hospitalized with lab-confirmed cases of the flu in Minnesota alone.

### Already sick?

- ⇒ Stay home, your friends and professors will understand.
- ⇒ Cover your coughs and sneezes.
- ⇒ Call or visit the Health Center (contact info to the left) if your condition isn't improving.
- ⇒ Rest!

### What everyone can do:

- \* Get vaccinated.
- \* WASH YOUR FREAKIN' HANDS! Not just when you feel like it but often and well.
- \* Sleep and eat well and drink plenty of water.
- \* Don't share food or beverages.
- \* Sanitize the door handles, sink handles, and commonly shared surfaces in your living space regularly.

### Do I have a cold or a flu?

**Flu:** fever, dry cough, sore throat, headache, fatigue, stuffy nose, body aches.

**Cold:** milder symptoms that tend to stay in the head and sinuses.

One question that seems to get asked a lot:

### “Can I get sick from the flu shot?”

No, the flu shot cannot give you the flu. Though some people feel mild flu-like symptoms after getting the vaccine, this is simply a sign that your immune system is kicking in. Most people get the vaccine during cold season, so the chances of getting the shot and getting sick around the same time is quite high.