



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

INFLUENZA (FLU)

- **INFLUENZA (FLU)** is a common acute respiratory infection caused by the influenza virus. Most people recover without treatment. However, severe cases of influenza can lead to pneumonia and sepsis. Influenza can also worsen symptoms of other chronic diseases—which can lead to death.
- Influenza **spreads easily between people when they cough or sneeze.**

Symptoms usually begin around 2 days after being infected, symptoms include:



MANAGEMENT AND PREVENTION

*The Flu can spread easily so always watch out if people around you seems to have the following symptoms. To avoid this, **VACCINATION** is the best way to prevent this disease.*

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose when coughing or sneezing.
- Always wash your hands to avoid germs.
- Avoid touching your eyes, nose or mouth.
- Practice healthy habits—getting proper sleep, food, and vitamins.

People with mild symptoms should:

- Stay home and rest to avoid infecting other people
- Drink plenty of fluids
- Treat other symptoms such as fever
- Seek medical care if symptoms get worse.



#UHCares

Source: RED CROSS YOUTH COUNCIL

Trunkline: (046) 481-1900

★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm

★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:30 am - 8:30 pm; Fri 11:30 am - 8:30 pm

★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm

★ UHC ULS CLINIC loc no: 3132
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm



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