

# Staying Healthy

## Protecting Yourself and Others in a Pandemic

- **Wash your hands frequently** with soap and water for 20 seconds or with a hand sanitizer if soap and water are not available.
- Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve. Dispose of tissues in no-touch trash receptacles.
- Keep frequently touched common surfaces - telephones, computer equipment, etc. - clean.
- Minimize group meetings. Use e-mails and phones. If meetings are unavoidable, avoid close contact and ensure that the meeting room is properly ventilated.
- Stay home if you are sick. Remain at home until at least 24 hours after you are free of fever (100° F) or signs of a fever without the use of fever-reducing medications.
- Get the appropriate flu shot to help prevent illness.
- For more information, contact the Office of Health Services at 362-5272 or Bonnie McMillen at [mcmillen@pitt.edu](mailto:mcmillen@pitt.edu) or 1-800-CDC-INFO



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## Cold or flu?

<b>SYMPTOM</b>	<b>COLD</b>	<b>FLU</b>
<b>FEVER</b>	Rare.	Fever is usually present.
<b>ACHES</b>	Slight body aches and pains can be part of a cold.	Severe aches and pains are common.
<b>CHILLS</b>	Uncommon.	Chills are fairly common.
<b>TIREDFNESS</b>	Tiredness is fairly mild.	Tiredness is moderate to severe.
<b>SUDDEN SYMPTOMS</b>	Not sudden; develop over a few days.	Rapid onset within 3-6 hours.
<b>COUGHING</b>	A hacking, productive (mucus-producing cough) is often present.	A nonproductive cough is usually present.
<b>SNEEZING</b>	Common.	Not common.
<b>STUFFY NOSE</b>	Common.	Not common.
<b>SORE THROAT</b>	Common.	Not common.
<b>CHEST DISCOMFORT</b>	Chest discomforts is mild to moderate.	Chest discomfort is often severe.
<b>HEADACHE</b>	Fairly uncommon.	Very common.