



# Flu Symptoms and Actions

## Symptoms include:

- Fever greater than 100°F
- Sore Throat
- Cough
- Stuffy Nose
- Chills
- Head and body aches
- Fatigue
- Diarrhea and vomiting  
(in some cases)

## If you are experiencing fever over 100°

- **Do not** go to class or cafeteria
- Call for appointment at the  
**SBU Health Center**  
**(417-328-1888)**
- **Stay in your room** to prevent spreading infection
- Contact your RA or RD by phone so food and class assignments can be brought to you.

**Good hand washing and coughing into a sleeve or tissue is the best way to prevent the spread of any illness.**

