Per the Center for Disease Control, Flu activity is widespread in most of the United States right now, and active on the campus of Xavier University.

- Due to the severity of this strain, it is very important that patients with any of the following symptoms seek treatment within 24-48 hours of onset:
  - Fever* or feeling feverish/chills
  - Cough
  - Sore throat
  - Runny or stuffy nose
  - Muscle or body aches
  - Headaches
  - Fatigue (tiredness)
  - Some people may have vomiting and diarrhea
  - It’s important to note that not everyone with flu will have a fever.

- CDC Recommends:
  - People who are very sick or who are at high risk of serious complications & get flu symptoms should be treated with antiviral drugs as soon as possible.
  - Get vaccinated if you haven’t yet. There are still weeks of flu activity to come.
  - Stay in your room; avoid transmission of the virus if you are sick.
  - Have a friend or roommate get your meals for you.
  - Wash your hands frequently!

Feeling ill? Call the TriHealth Clinic to set up an appointment at 513-745-3022 ext. 3