

FLU PREVENTION TIPS



***Infographic courtesy of www.redandassociates.com

If you are experiencing the following symptoms below, please refer to the suggested medication:

Stuffy nose - * Sinus Decongestant
Upset stomach - * Antacid/Anti-gas
Fever, chills, headaches, sore throat, minor aches and pain - * Ibuprofen or Acetaminophen

Multiple Symptoms - * Multi-Symptom Cold Relief
Itchy/watery eyes, runny nose - * Antihistamine
Cough - * Cough Suppressant

*Does not require a prescription. Symptoms listed on the box should match the symptoms you are experiencing. Students with symptoms should notify Student Health Services, their Primary Care Provider, Instructor and Department as appropriate.

For more information, contact studenthealthservices@asurams.edu

East Campus Phone: 229-500-3544

West Campus Phone: 229-500-3545