Is it a Cold...or the Flu?

It’s that time of year again – flu season! As always, the best way to prevent the flu is to get the flu vaccine every year. Each fall, the flu vaccine is available to enrolled students by appointment at the Health Center and during our satellite flu clinics. For the full schedule, visit campushealth.tulane.edu/flu.

Other ways to prevent catching or spreading the flu include:

- Wash your hands
- Cover your mouth and nose when you sneeze or cough
- Clean and disinfect your room
- Avoid touching your eyes, nose, or mouth
- Stay home when you’re sick
- Avoid close contact with people who are sick
- Don’t share drinks during flu season

Use the chart below to help you learn the difference between cold and flu symptoms.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onset</td>
<td>Gradual</td>
<td>Sudden</td>
</tr>
<tr>
<td>Body aches</td>
<td>Not usually</td>
<td>Almost always, often severe</td>
</tr>
<tr>
<td>Congestion, runny nose, sore throat, sneezing</td>
<td>Almost always</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Cough</td>
<td>Cough with mucus</td>
<td>Often, mostly dry &amp; hacking</td>
</tr>
<tr>
<td>Fever</td>
<td>Rare, but mild if present</td>
<td>Almost always, usually high</td>
</tr>
<tr>
<td>Exhaustion</td>
<td>Sometimes, but never extreme</td>
<td>Almost always, usually extreme</td>
</tr>
<tr>
<td>Headache</td>
<td>Sometimes</td>
<td>Usually</td>
</tr>
<tr>
<td>Location of symptoms</td>
<td>Above the neck</td>
<td>Entire body</td>
</tr>
<tr>
<td>Typical duration</td>
<td>One to three weeks</td>
<td>About a week</td>
</tr>
<tr>
<td>Prevention</td>
<td>Frequent hand-washing</td>
<td>Yearly flu vaccination</td>
</tr>
<tr>
<td>Relief &amp; Treatment</td>
<td>Rest, fluids, over-the-counter cold and anti-inflammatory meds</td>
<td>Call for Nurse Advice to see if you need flu testing or medical care</td>
</tr>
</tbody>
</table>

How to Combat FOMO (Fear of Missing Out)

Hi TUPHEs, I am having serious FOMO. My friends like to go out 3-4 times a week, but I don’t have time or money to go out with them every time. I have a part-time job and need to save money. I get major FOMO when they go out without me and I feel like they are getting closer as friends without me. Any advice?

What you’re experiencing is really common. Fear of missing out (FOMO) and friend issues can happen to anyone. Some people go out often and when you aren’t at every “adventure” it gets easy to feel excluded. My advice for you is twofold, (1) make sure you are communicating openly with your friends and (2) try to find ways to enjoy your time alone. Make your concerns known to your friend group. If you don’t say anything, nothing will change, and chances are you’re not the only friend who may feel this way. Ask if you can have a game night or a movie night, take advantage of a free festival in NOLA, attend a Tulane After Dark event, or join them for dinner or drinks, but not both. Having close friends is important, but as you grow throughout college, you will learn a lot about yourself. There’s nothing wrong with a little time alone! Have a self-care night, go explore a new neighborhood by yourself (be careful please!), find something that makes YOU happy. The more you put yourself out there, the more like-minded people you will meet. Try joining new clubs, making friends with the people you work with, and saying hi to the kid next you in class. You got this! Good luck!