



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.



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

TUPHE FEATURE

How to Combat FOMO (Fear of Missing Out)

Hi TUPHEs, I am having serious FOMO. My friends like 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!

live well Highlights



The Line

When you want to talk to someone right away, call or text our crisis line at 504-264-6074, any time, day or night, for confidential support.



MENTality Project Lunch & Learn

The MENTality Project aims to empower and educate individuals about healthy masculinity. Registration required on Wavesync.



TUPHE Program Interest Meeting

Oct. 8, LBC Race & Kendall Cram, 6:30-8:30pm

Interested in becoming a peer health educator? Join us for an interest meeting!