Avoid the flu!

Wash your hands frequently!

Influenza often spreads when people touch contaminated objects. Frequent hand washing can protect you.

When should I seek medical attention?

Influenza-related illness is now peaking in the New England area. You may need to see a care provider if you have the following serious flu symptoms:

- Fever higher than 101 degrees for two to three days
- Nausea or vomiting and an inability to keep fluids down
- Significant respiratory symptoms, including a big cough, wheezing, or shortness of breath
- Yellow or green discharge from the nose or produced with a cough

Call MIT Medical (617-253-4481) to speak with a nurse or make an appointment, or come to Urgent Care on the first floor of E23.

For more information, visit http://web.mit.edu/fluinfo