

Feeling Sick?

Sometimes the best medicine is rest, fluids and self-care.

Why Self-Care Works

Not every illness requires a trip to the doctor's office. Common colds, mild fevers or seasonal viruses often improve with time and care at home. If you need to leave your home, it's recommend to wear a mask when experiencing minor respiratory symptoms.

Self-Care Tips

Rest	Give your body time to heal by getting enough sleep
Hydrate	Drink plenty of water, tea and clear fluids
Eat Light	Choose nourishing foods like soup, fruit and easy-to-digest meals
Over- The-Counter Medications	Some over-the-counter medications can relieve your symptoms like acetaminophen, tylenol and cough drops.
Comfort Measures	Warm showers, humidifiers, and cozy blankets can ease symptoms.

When To Call A Medical Provider

Fever	A fever that is over 102F or that is not improving with time
Breathing	Trouble breathing, shortness of breath and/or chest pain
Pain	Severe sore throat, ear pain and sinus pain

Remember

Taking care of yourself helps your body recover faster.

If you have questions or concerns, please contact the Davison Health Center for assistance.

Schedule your DHC appointment online on the Medcat Student Health portal.

