S.T.A.H.L. NEWS

Students Talking About Healthy Lifestyles...

Brought to you by the Center for Health and Well-Being — *Previously Released Edition*

It's that time again: Cold & Flu Season

What is the difference between a cold & the flu?

- Both are respiratory illnesses caused by different viruses. Because they have similar "flu-like" symptoms, it can be difficult to tell the difference based on symptoms alone.
- In general, the flu is worse than the common cold & symptoms such as fever, body aches, extreme tiredness, & dry cough are more common & intense.
- Colds are usually milder than the flu. People with colds are more likely to have runny or stuffy noses, & sore throats.

What About Antibiotics?

"Antibiotics do not fight infections caused by viruses like colds, most sore throats and bronchitis and some ear infections. Rest, fluids, and over-the-counter products may be your best treatment option."

Taking antibiotics for viral infections:

* Will not cure the infection
* Will not keep other people from getting sick
* Will not help you feel better
* May produce unwanted side effects

Have symptoms...?

- Drink plenty of fluids.
- Get some extra rest— though it's not necessary to stay in bed.
- Take ibuprofen or acetaminophen for fever, aches, and pains.
- Combat stuffiness by using a humidifier in your bedroom and taking hot showers.
- Avoid multi-symptom cold medicines. Treat a stuffy nose with a decongestant, coughing with cough medicine, etc.
- For sore throat, mix one cup of warm water with one tsp. salt. Gargle, then spit it out.

For mild symptoms...

- Stop by the **Self Care Cold Clinic** (8:00 a.m.—4:00 p.m.) at the Health Service in the Center for Health and Well-Being.
- Open 8:00 a.m.—4:00 p.m., Monday-Friday, G-65 Suites in Maple—East.
- You can review your symptoms and get over-the-counter medicines.

Flu Clinic:
-Wednesday, Oct. 10, 12:00 pm-2:00 pm, Thursday, Oct. 11, 5:00 pm-8:00 pm, Friday, Oct. 12, 8:00 am-12:00 pm
-At the Suites on Maple East
- You must bring your I-CARD!

FREE

Prevention

Colds and flu are not caused by getting cold or wet, but by one of 200 different viruses. People get more colds during cold weather simply because they are indoors more and in closer contact with other people and their germs.

To reduce your chances of getting or spreading colds and flu:

- Wash your hands often if you're around other people, avoid touching your eyes, nose, or mouth.
- Eat a balanced diet and get plenty of rest and regular exercise to keep up your resistance.
- Get a flu shot in the fall, especially if you:
  - -have a chronic illness such as diabetes
  - -have an immune system deficiency
  - -are at risk of complications for the flu
- Cough or sneeze into a tissue and throw it away and wash your hands afterwards
- If you have no tissue, cough or sneeze into your sleeve.
- Avoid close contact with sick people.
- Stay home when you're sick until 24 hours after you no longer have a fever (100 °).
- If you can't wash your hands with water, use hand sanitizer.

When do you need health care?

- If you have difficulty breathing
- You wheeze when you breathe
- Your symptoms are worsening each day
- Your fever lasts more than three days or returns

Flu and colds usually improve in a few days.

If you have chronic conditions that are worsened by the flu (asthma, heart disease, diabetes) you may need to consult a health care provider.

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Information from: Managing the Common Cold. - American College Health Association.
Managing Meningococcal Disease in College Population(1995). - IUP University Health Service
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