

Healthy Headlines

October 26 to November 5



Cold & Flu

The season of cold and flu is back! Here are some fun facts and useful tips to help you **take charge of your health!**

CSB Health Services College of Saint Benedict

Lottie Hall, Lower Level
(entrance is across from the BAC)

(320) 363-5605

Hours:

- Monday-Friday
8:00am - 4:30pm
- Weekends
CLOSED
- Breaks CLOSED

Appointments are preferred

E-mail us!
healthinfo@csbsju.edu

Sources:

www.mayoclinic.com,
Help on the way Flu brochure, & Taking care of your Cold brochure

Brought to you by...

CSB Health Advocates



Have fun. Play smart. Live well.

Prevention

- Wash your hands! Both cold and flu may spread through contact, so be sure to wash after coughing or sneezing
- Avoid sharing beverages and food
- Exercise regularly and eat nutritiously
- Keep your **stress level under control**
- Exhausted? Relax! Take some time for yourself

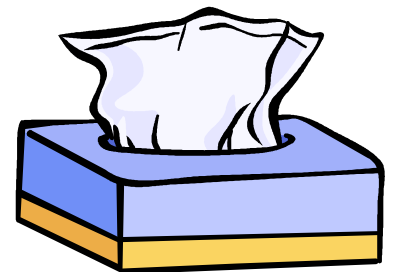
Keep away from the FLU!

Get vaccinated! Prevention is important to help decrease your risk of becoming sick. If you're already showing symptoms (i.e. fever, aches, fatigue, exhaustion, cough, etc.), visit the CSB Health Center!

Drink plenty of fluids and keep yourself well rested!

COLD Symptoms

- Slight aches
- Occasional fatigue
- Sneezing
- **Stuffy nose**
- Sore throat
- Cough



WHOOPING COUGH

Make sure you're **up-to-date** with everything pertussis!

It is **highly contagious** and often marked by cold symptoms with a worsened cough. Many of us are in need of a booster because our vaccine from childhood is losing its power! **Call your parents or primary care provider to check up on your vaccination status!**

COLD Remedies

- Stay hydrated
- Get plenty of sleep
- Gargle warm salt water
- Use a humidifier to moisten the air
- Turn the thermostat a **little warmer**