

"There are always flowers, for those who want to see them"

~Henri Matisse, (1869-1954, French painter)

Every square inch of the human body has about 19,000,000 skin cells.



## Getting Ready for Flu Season:

### Learn the Facts, Not the Rumors

The **symptoms** of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Illness with the H1N1 virus has ranged from mild to severe. Most people who have been sick have recovered without needing medical treatment.

People infected with H1N1 flu may be able to infect others from one day before getting sick to 5 to 7 days after.

**Find a Flu Buddy.** If you get sick you will need to stay in your room and away from public areas to avoid infecting others. You will need to stay isolated until 24 hours after your fever has stopped or 7 days after the first onset of symptoms. The CDC (cdc.gov) is recommending that college students identify a "flu buddy." A flu buddy is someone who will be able to get food for you, do errands, and help out with doing things like your laundry. Your flu buddy will also be someone who checks in with you regularly via email, texting, or phone.

If you do get sick: stay hydrated, get plenty of sleep, & contact your professors via email or voicemail. You will want to

consider going home if you can get there without using public transportation.

**If a Friend Gets Sick.** Wash your hands after being around them. Suggest they go home until they are feeling well. Bring them food & liquids to boost their immune system. Bring them a box of tissues. Limit close contact (try to keep a minimum of 6 feet). Don't share drinks or food. Ask them if they need their laundry done. If you help out with laundry, keep the dirty laundry away from your face, and make sure you dry it on hot.

**10 Tips on Staying Healthy During Flu Season:** 1. Wash your hands 2. Carry around hand sanitizer 3. Keep your room/living area clean 4. Get your exercise 5. Alleviate your stress 6. Eat a well-balanced diet 7. Take your vitamins 8. Get enough sleep 9. Drink plenty of fluids 10. Get vaccinated

**Keep Your Room Clean.** Regularly clean, with disinfectant, frequently touched surfaces like: door knobs, computer keyboards, remote controls, light switches, cell phones, dry erase board markers, refrigerator & microwave handles.

**AND WASH YOUR HANDS WITH SOAP & HOT WATER, OFTEN!**

## Nutrition

Nutrition & the Flu: Eating right can strengthen your body's immune system. An easy way to ensure good vitamin & mineral intake is by eating at least 5 fruits or veggies a day. Some fruits and veggies that are high in immune boosting vitamins and minerals are: carrots, oranges, celery, blueberries & pomegranates. Adding probiotics (good bacteria) to your diet can help your digestive tract and your immune system. They are present in many different yogurts, not just the ones that advertise that they do. Drinking green tea can stimulate your immune system to fight off infections in the body.

Nutrition: A healthy diet should include five to ten servings of fruits or vegetables a day, way more than the

average college student consumes. In fact, a recent survey at SUNY Oneonta revealed that only about 3% of students reported eating five or more servings each day. Research shows that fruit & vegetable consumption reduces the risk of cancer, heart disease, high blood pressure & diabetes; improves intestinal regularity; keeps your bones strong; and makes it easier to maintain a healthy weight.

Try to choose vegetables & fruits prepared with little or no added fat, sugar, or salt, and try to choose the real thing over juice. One serving is usually about one medium size piece of fruit or half an avocado or

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grapefruit or 20 grapes. One half cup or 4 oz, the size of bathroom paper cup, is a serving size of cut fresh, frozen or canned fruit/vegetable or juice. One cup of fresh green leafy vegetables is a serving size. One quarter cup is a serving size for dried fruit.

**Nutrition & Alcohol:** Alcohol consumption puts you at risk for numerous vitamin deficiencies. Besides replacing nutritious foods with empty calories, alcohol also interferes with the absorption of the vitamins an alcohol drinker does consume. Following is a list of the vitamins that alcohol interferes with the bioavailability, or absorption, of: **Vitamin A** Although blood tests may show normal levels of this vitamin, it has been shown, in

heavy drinkers, that liver stores of vitamin A are low. **Vitamin B1** Alcohol not only inhibits the absorption of this important vitamin (a deficiency can lead to major brain dysfunction), but the liver damage excessive drinking causes also impairs thiamin's activation for use in the body. **Vitamin B6** One of the products of alcohol metabolism, Acetaldehyde, has been shown to destroy this vitamin. **Vitamin B12** Alcohol suppresses the body's ability to absorb this vitamin from the small intestine into the bloodstream. **Vitamin C** Excessive alcohol intake inhibits the large intestine's ability to absorb this important antioxidant.

## Alcohol

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Many of us tend to postpone or even deny that drinking is becoming a problem for us or for those close to us. Problem drinking usually arises from problems we have handling stress in our daily lives. If you think that either you or a friend has an alcohol problem, the most important thing to do is to do something about it. SUNY Oneonta has an alcohol & other drug counselor right here on campus; you can learn more by going to the Counseling Center's website.

Here are some problem drinking signs: Missing class due to drinking \* Drinking because you feel uncomfortable in social situations \* Drinking to build self-confidence \* Drinking alone \* Having lost friends due to your drinking \* Feeling guilty or depressed after drinking \* Ever had a complete loss of memory from drinking \* You drink more than the rest of your friends \* Ever gotten into financial troubles due to alcohol to alcohol purchases \* You feel more important when you drink

**Alcohol & the Flu:** The party environment is full of opportunities for germs to spread; think of how quickly germs can travel between people involved in a beer pong game! Add to this the fact that alcohol impairs your ability to make good decisions about good flu prevention, like covering your mouth when you cough & consistently washing your hands. Here are some tips: Do not share drinks, alcoholic or non-alcoholic. Be

aware of surfaces that may not have been regularly cleaned, and if you are helping in the post-party clean up, wear gloves. This may be a good year to forego the random hookup.

**Alcohol & Flu & Nutrition:** Consuming alcohol can indirectly increase your chances of getting sick this year. Alcohol affects your liver's ability to absorb vitamins and nutrients, which then lowers your body's immunity and increases your odds of coming down with a cold or the flu. In larger amounts, three or more drinks, alcohol suppresses blood cell production in the bone marrow and directly affects the body's ability to fight off infections. Amounts of alcohol that are enough to cause intoxication are also enough to suppress immunity.

## Healthy Holidays

October is:

- Eye Injury Prevention Month
- Healthy Lung Month
- Breast Cancer Awareness Month
- Celiac Disease Awareness Month
- Domestic Violence Awareness Month
- Dental Hygiene Month
- Chiropractic Month
- October 8 is National Depression Screening Day
- October 5 –11 is Mental Illness Awareness Week
- October 18—24 is Hearing Aid Awareness Week
- October 22 is International Stuttering Awareness Day

from <http://www.healthfinder.gov>

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