

Student Health Services

NEWSLETTER; ISSUE 2



FEB 2019

BEING SICK SUCKS

Is it time to visit the Nurse?

If you experience any the following symptoms for more than 7 days, we recommend coming to Health Services:

- **High and/ or prolonged fever**
- **Shortness of Breath**
- **Productive Cough/ Chest Discomfort**
- **Persistent vomiting/ diarrhea**
- **Abdominal Pain**
- **Sore Throat**
- **Aches and Chills**
- **Fatigue**

It can be tough to distinguish between a cold and the flu. In general, flu symptoms are more intense than the common cold. Colds typically do not result in health problems, but the flu can be associated with serious complications.

Do not hesitate on coming into Health Services if you think you might have the flu.



NURSE'S NOTE

Abigail Fontaine, RN; BSN

Being sick is the worst!

Feeling run down while juggling school, work, and a personal life makes for a rough start to the semester.

So what can you do to prevent getting sick? Self-Care is key!

By making smart choices like; exercising daily, eating healthy options, and logging adequate sleep time will show your body how much you care.

Ensure to spend time relaxing, and doing activities you enjoy with people who inspire you.

Take the time to care for yourself; as you are the only one who can.

If you do start to feel run down, please visit us in Health Services.

Getting you back to 100% is our main goal!

Nurse Office Hours:

**7:30 am – 3:30 pm
Monday — Friday**

Physician Hours:

**9 am – 12 pm
Tuesday & Friday**

IS THE FLU SHOT WORTH IT?

There's benefits to getting vaccinated

- Getting a flu vaccine each year is the best way to prevent the flu, according to the CDC.
- A 2018 study showed that among adults hospitalized with flu, vaccinated patients were 59 percent less likely to be admitted to the ICU than those who had not been vaccinated.
- Getting vaccinated yourself may also protect people around you! In seasons when the vaccine viruses matched circulating strains, flu vaccines have been shown to reduce the risk of people having to go to the doctor with the flu by 40% to 60%.
- If you have not yet been vaccinated it can still be smart to get vaccinated. Flu is unpredictable and seasons can vary. Seasonal flu disease usually peaks between December and March most years, but disease can occur as late as May.

For more information visit <https://www.cdc.gov/flu/>, or stop by Student Health Services!

DID YOU KNOW?

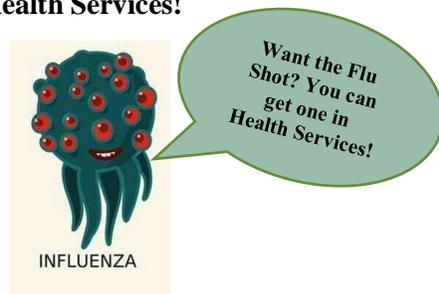
Student Health Services has Cold Kits

Feeling under the weather, but not enough to warrant a trip to the Nurse?

Student Health Services now provides Cold Kits to Students! These little Cold 'Survival' Kits are to help ease the stress of being sick in College.

The kits include Cough Drops, Tissues, Lip Moisturizer and Emergen-C packets. Cold Kits can be found on the table outside of Health Services 24/7.

If you'd like us to provide you with DayQuil, Non-Aspirin, Vick's, or other cold medicines then you are required to be checked out by Nurse Abby in Health Services.



**GET A FLU
VACCINE**



#FIGHT FLU

**FIGHT
FLU**

CDC WEEKLY 'FLU VIEW' REPORTS

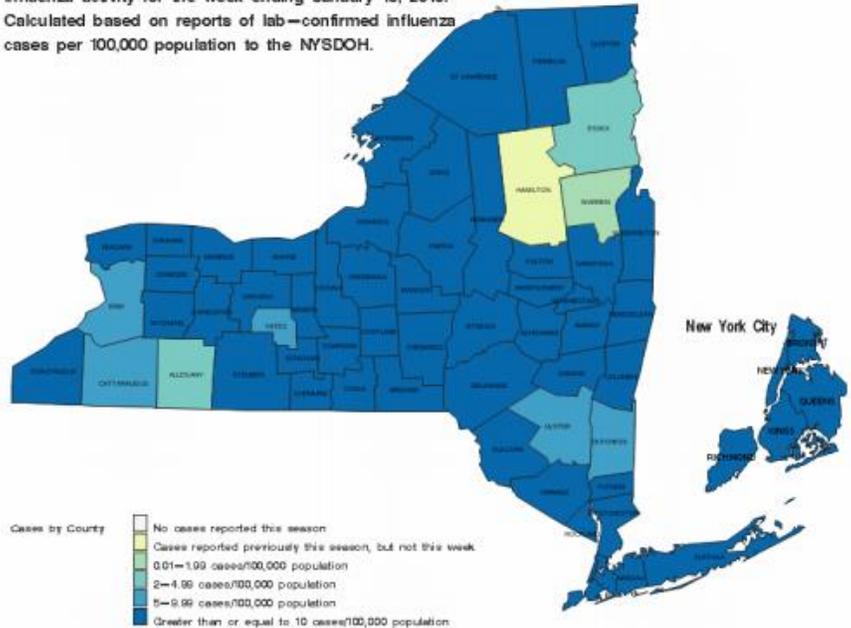
New York is Reporting Moderate Flu Activity

Laboratory Reports of Influenza (Including NYC)

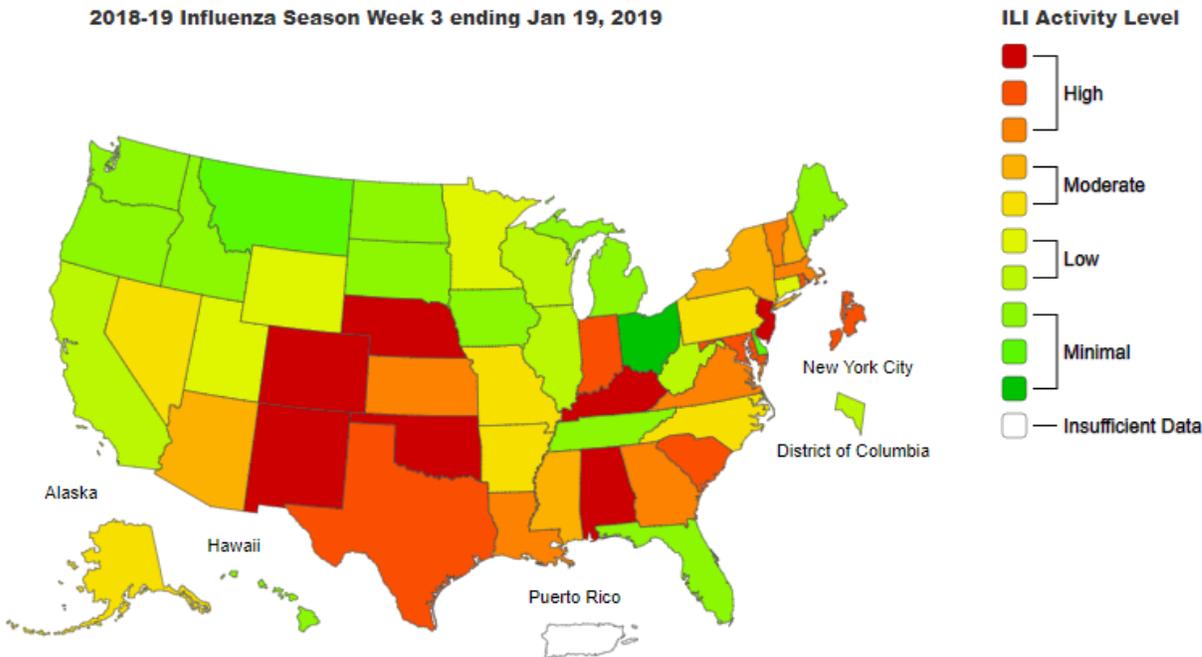
Influenza activity for the week ending January 19, 2019.
Calculated based on reports of lab-confirmed influenza cases per 100,000 population to the NYSDOH.

All clinical laboratories that perform testing on residents of NYS report all positive influenza test results to NYSDOH.

- 61 counties reported cases this week.
- Incidence ranged from 0-322.22 cases/100,000 population.



2018-19 Influenza Season Week 3 ending Jan 19, 2019



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