

Owens Health & Wellness Healthy Loo & You!



Fall Into Good Habits This Autumn!

Take 3 Actions to Fight the Flu...

Flu is a serious contagious disease that can lead to hospitalization and even death. CDC urges you to take the following actions to protect yourself and others from influenza (flu)...

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common.
- People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Take flu antiviral drugs if your doctor prescribes them.

- If you are sick with flu, antiviral drugs can be used to treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. For people with high risk factors treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.
- Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with flu and have respiratory symptoms without a fever.

ANNOUNCEMENTS

Monday, October 14, 2019

- Line Dancing 2pm-3pm
Kroger Gymnasium

Tuesday, October 15, 2019

- Zumba 6pm-7pm
OHWC Room 212 A-B

Student Support Pantry is on-going.

We are still accepting donations at the Owens-Health & Wellness Center administration office. **Please be mindful of expiration dates!**
Thanks in advance!

Counseling Services are available in the OHWC Family Life Center!

Open Registration for Fitness Center Membership (fees increase in January)

- Students free of charge
- Faculty & Staff \$25
Registration fee plus \$ per month
- Seniors Registration fee plus \$15 per month

