It is that time of year when many on campus seem to have a cold or are coming down with the flu. There are some things that you should know to help you not become one of those people!

Keep yourself healthy this cold & flu season:
- Wash your hands! We can’t stress this enough—it really helps prevent the spread of disease.
  - Wash hands after using the toilet and before brushing your teeth
- Cough into a tissue or your sleeve—not your hands (your hands touch things all the time and spread the germs more than your sleeves do).
- Don’t touch your face—those germs can enter the body through your eyes, nose, or mouth.
- Drink plenty of fluids—eight 8oz. glasses of non-caffeinated liquid a day (sorry, coffee and soda don’t count)
- Get some fresh air! Even though it’s so cold outside! Heating systems dry you out making your body more susceptible to cold & flu viruses. Cold fresh air is better than no fresh air at all.
- Get aerobic exercise to get your virus fighting blood pumping!
- Don’t smoke!
- Relax—it’s good for your immune system to take a break from daily stresses.

Handwashing
Alcohol-based rubs kill bacteria on hands. Soap and water are more effective with dirt buildup.

Bathroom Germs
Germs like moist environments like bathrooms so make sure you’re cleaning your personal space once a week (esp bathroom surfaces).

Did you know...
1. The term influenza originated in Italy in the 1500s. It’s translation means “the influence of the stars.”
2. The cycle of the flu is thought to be birds (avian), to pigs (swine) to humans.
3. There is a higher risk of outbreak when areas of the world with high domestication of animals because all of the flues (avian, swine, human) mix and morph into new strains.
4. Children are more contagious than adults because they have not built up immunities. They also carry the virus for 10 days where most adults only are contagious for 6.
5. The longest side effect of the flu is fatigue which can last for 1-2 weeks after the other symptoms subside.


With all the washing, your skin can get dry and crack. Keep your hands, legs, and arms moisturized for smoother, healthier skin!!

At the end of the day, germs are everywhere. Our bodies are made to recognize and fight them and build up immunities. We can't hide from all germs. But we can live healthy lifestyles and help our bodies out. We can keep hydrated, sleep, exercise, eat right (with a lot of Vitamin C), get the flu shot, and slow down. Our bodies have a lot to do and sometimes we have to give them a (frequently washed) hand. http://www.ehow.com/about_5132142_bathroom-germs.html

The BEU still has FREE flu shots. Just make an appointment. Protect yourself and go get one! (if you want)