**WIU STUDENTS: Get your FREE Seasonal Flu Shots this week!!**

**Tues., Oct. 11 – Union Concourse**
- Beu Health Center
  - 10-2pm

**Wed., Oct. 12 – Union Concourse**
- 10-2pm

**Thurs., Oct. 13 – Union Concourse**
- Beu Health Center
  - 5-7:30pm

**Bring your student ID cards**

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**FACT**

Alcohol-based hand sanitizers kill bacteria on hands more effectively than washing with plain soap and water. Some “waterless” hand sanitizers don’t contain alcohol. Use only the alcohol-based products. The Center for Disease Control recommends choosing products that contain at least 60 percent alcohol.

[mayoclinic.com/health/hand-washing/](mayoclinic.com/health/hand-washing/)

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**The Common Cold**

The common cold accounts for 22 million lost school days each year! And it’s no fun to miss class when you’re actually sick. Take care of yourself and save your absences for fun stuff.

Source: [www.cleaning101.com](www.cleaning101.com)

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**How to cough**

Do Not Touch the T-Zone (basically, your face: eyes - nose - mouth)

Flu viruses spread by coughing and sneezing or touching your eyes, nose, or mouth after contact with a contaminated area (e.g. desk, door-knobs, handrails).

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**What’s wrong with me?**

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>COLD</th>
<th>FLU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Common</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Prominent</td>
</tr>
<tr>
<td>Aches &amp; Pains</td>
<td>Slight</td>
<td>Usual, often severe</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Mild</td>
<td>Can last 2-3 weeks</td>
</tr>
<tr>
<td>Exhaustion</td>
<td>Never</td>
<td>Early &amp; prominent</td>
</tr>
<tr>
<td>Stuffy Nose</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Usual</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Chest Discomfort</td>
<td>Mild-Moderate</td>
<td>Common</td>
</tr>
<tr>
<td>Cough</td>
<td>Hacking cough</td>
<td>Can become severe</td>
</tr>
</tbody>
</table>

Source: [www.webmd.com](www.webmd.com)

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**SUGGESTIONS FROM THE CDC**

(Center for Disease Control)

1. Get the flu shot, especially if your immune system is already at high risk (asthma, obesity, diabetes, chronic lung disease, disorders of the heart, lungs, kidneys, or liver, etc.)
2. Get the flu shot, especially if you live/work in a crowded environment like a residence hall or in a classroom. [www.cdc.gov/flu/protect/preventing.htm](www.cdc.gov/flu/protect/preventing.htm)

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**Keep yourself healthy this cold & flu season:**

- Drink plenty of fluids-eight 8oz. glasses of non-caffeinated/non-alcoholic liquid a day.
- Get some fresh air! Heating systems dry you out making your body more susceptible to the flu.
- Get aerobic exercise to get your virus fighting blood pumping!
- Don’t smoke! Any form of tobacco use is unsafe. Even being around smoke zaps the immune system.
- Teach yourself to relax—it’s good for your immune system to take a break from daily stresses.
- SLEEP. Every night and on a regular schedule. [www.webmd.com](www.webmd.com)

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**True or False:**

- Drinking alcohol counts toward drinking fluid when you have a cold.
- FALSE—Drinking alcohol lowers your immune system and dehydrates your body, making you more prone to infection. [www.webmd.com](www.webmd.com)

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**Let the Flu End with U**

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**We know where you are reading this, please wash before you leave!**

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**Gesundheit**

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**The #1 way to prevent colds & flu is to WASH YOUR HANDS.** It may sound simple, and it is! Proper washing involves 15-20 seconds—the time is takes to sing “Happy Birthday.”

- Center for Disease Control

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**I sneeze, you sneeze. Just cover your mouth, I beg you. Please!**

- M McK

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**Ahh Choo!**

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**Flu -**

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**Disability Support Services.**

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**Stall Talk**

Volume 14, Issue 7
October 10, 2011

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**Source:**

- www.cleaning101.com
- www.webmd.com
- mayoclinic.com/health/hand-washing/