

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...

HERE'S SOME NEWS YOU CAN USE!



October 2019 – Issue 1

Co-Editors Shannan Breault and Cheryl Perog

Flu Vaccines



The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against the flu.

Campus Flu Shot Clinics

(Bring your insurance card)

Thursday, October 3rd

10 am - 1 pm

Wellness Center

Wednesday, October 23rd

11 am - 2 pm

Wellness Center

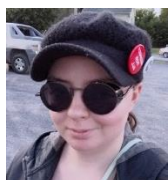
Tuesday, October 29th

2 pm - 6 pm

Prentice Lobby

For more information contact the Wellness Center at:
518.255.5225

Get to Know the Wellness Center Peer Educators



Faith Carleton

Hometown: Middleburgh, NY

Major: Information Technology

Why Coby? I chose SUNY Cobleskill because for me it is very close to home, it is affordable, and my brother was an alumni.

Favorite thing about being a peer educator: Knowing I am helping to provide good health education to my fellow peers.

Did you know...?

Narcan is stored with the AED kits on campus.



Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225

Vaping Epidemic

The Centers for Disease Control and Prevention (CDC) announced that the number of confirmed or probable cases in the outbreak of vaping-related lung illness has reached 805 in 46 U.S. states - up from 530 cases in 38 states previously reported. The reported death toll has increased from 7 deaths to 12.

Many of the patients are teens or young adults — about two-thirds of the cases involve 18 to 34 year-olds, and 16% are under 18. All patients with the lung illness reported using e-cigarettes, and many reported using the devices to vape marijuana before they got sick, although some reported using only nicotine.

Patients reported symptoms such as shortness of breath, cough and chest pain, and some reported nausea, vomiting, fever and weight loss.

The cause of the illnesses is still a mystery; no single vaping device, product or substance has been tied to all of the cases. Officials said they believe a "chemical exposure" is likely behind these illnesses, and believe that issues with black-market vaping products may be making people sick.

The CDC recommends that people consider not using e-cigarettes while the investigation is ongoing. And regardless of this investigation, e-cigarettes should not be used by youth, young adults, pregnant women or adults who currently don't use tobacco products. What's more, people should not buy e-cigarette products off the street and should not modify the products or add substances that aren't intended for vaping by the manufacturer.

Source: <https://www.livescience.com/vaping-related-lung-illnesses-states.html>

Service Dog Etiquette

- 1) Speak to the owner/handler instead of the dog.
- 2) Don't touch the dog without asking for permission first.
- 3) Do keep your own dog away from a working dog.
- 4) Do not distract the service dog with treats or noise.
- 5) Do treat the owner/handler with sensitivity and respect.



The 7th Generation* Lecture Series Fall 2019

Thursday, October 10th : 7:00 p.m. CANR 101

"Community-Focused Interventions for Successful Conservation of Natural Resources"



Shorna B. Allred, PhD is an Associate Professor in Cornell University's Department of Natural Resources. Dr. Allred's research program blends human factors and natural sciences to improve resource management and conservation. She will explain how an understanding of human social, political, and psychological processes enhance our ability to conserve and manage our natural resources and encourage an open and informed exchange of ideas.

The Wellness Center

