

# THE CAN CHRONICLE

## DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

### Peer Educator Corner

October 2018 Issue 2

#### The Flu

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Influenza, also known as the flu, is a highly contagious virus that affects the nose, throat, and lungs. Influenza was first mentioned in historical texts in Italy in the 16th century. People thought that influenza was caused by bad air and that if you moved to a higher elevation you would avoid getting sick. The 2017 flu season was the deadliest in four decades. Flu season hits its' peak from November to March. If you want a flu shot you can come to the Beard Wellness Center on October 25th from 10 am – 2 pm. Make sure to bring your health insurance card; no appointment is needed.

([www.medicalecology.org](http://www.medicalecology.org), [www.health.ny.gov](http://www.health.ny.gov))

The Wellness Center Peer Educators are now on Snapchat @COBYPeerEds, scan the figure to add us!



### Oc-Sober-Fest Events 10/22-10/26

#### Monday:

**Costume Building 101**  
8:30 pm Davis Hall

#### Tuesday:

**Beer Goggle Competition**  
10:00 pm - 12:00 am Champlin Lobby

#### Wednesday:

**Horror Make-up for a Winning Look**  
7:00 PM Lower Brickyard Point

#### Thursday:

**Catch the Peer Educator Wagon to get sweets that can't be beat.**  
5-7 pm Throughout Campus

#### Friday:

**Vape No More**  
8am-4 pm

Turn in your Vape at the Wellness Center to be entered to win a \$50 Amazon Gift Card. Turn in multiple vapes or cartridges for more entries.

#### Saturday:

##### Boo Bash!

10 pm - 1 am Bouck Ballroom

~Music & Dancing

~Tarot Card Reader

~Make Your Own Candy Bag

~Painted Pumpkin Contest

~Free Food and Drink

~Costume Contest with Gift Card Prizes!



### Info Bites – Nutrition, Health and Wellness

Join fellow students and Dietician Nutritionist Kate Waltz to sort out facts from fads, learn something new, and meet other students who share your interests. Tasty treats provided!

Thursday's from 12 noon-1pm

At the Wellness Center Conference Room

### Info Bites – Cooking Session

Thursday, October 25<sup>th</sup>

Location: Lower Brickyard Point

12pm – 1 pm

Come learn how to make overnight oats with the Wellness Center Certified Dietician Nutritionist

**Mason jars and fillings provided to all participants**



### Six Thoughts on Staying Healthy

Spreading colds and viruses is easy if you're not careful. Here are some tips that can keep you from getting sick.

1. **Wash your hands.** Especially any time you'll be touching your nose, mouth or eyes or if you've been around others who are sick.
2. **Avoid sharing beverages.** Germs are easily spread through the sharing of drinks, so get your own and avoid sharing with friends.
3. **Avoid ill friends.** If your friend is sick, try to avoid spending too much time around them. While bringing soup or medications won't hurt, touching ill friends and their stuff can increase your chances of getting sick yourself.
4. **Don't touch your eyes, nose, or mouth.** If your hands aren't clean, try to avoid touching these areas. The membranes in these areas make it easy for bacteria and viruses to enter your body.
5. **Get a flu shot.** With so many germs around, it is the best thing you can do to avoid getting sick.
6. **If you do get sick with a cold or virus.** Drink lots of liquids to stay hydrated. Use salt water gargles for a sore throat and saline nasal sprays for sinus congestion. The average healthy person can expect to get better within about two weeks. If your symptoms are severe or you are not getting better, make an appointment with the Wellness Center at 518-255-5225.

### The Wellness Center

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

Phone 518-255-5225 Fax 518-255-5819 Nurse Call Line 518-255-5622

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