



# Dear John:

A health & wellness newsletter

**For a good time call 4468!**  
**The Student Events Daily Hotline!**  
Updated daily w/ complete info on events & activities

Dear John,

*There has been something going around the residence halls and I think I have got it. I was wondering how can I tell if I have the flu or just a terrible cold..*

Answer: A cold can be caused by over 200 types of viruses, but the flu is caused by a strain of the influenza virus. A cold generally clears itself up and prescription medications are unnecessary, unlike with the flu. Also, the flu is preventable with a vaccine while the common cold is not. It's recommended by the CDC that everyone should get a vaccine especially those who have an underlying chronic medical conditions. Unlike the common cold, the flu is highly contagious and airborne. The cold can only be transferred by nasal secretions. Pay close attention to your symptoms in order to tell the difference between a cold & the flu.

**Cold Symptoms:**

>Nasal Congestion >Runny Nose >Sneezing >Low-Grade or No Fever; Sometimes Including: >Headache >Cough >Burning Eyes >Muscle Aches >Decreased Appetite

**Flu Symptoms:**

>Flushed Face >Fever between 102 - 106 degrees >Body Aches >Fatigue >Dizziness >Possible Vomiting >Dry, Hacking Cough >Sore, Red Throat >Headache >Nasal Discharge >Sneezing

[http://www.drgreene.com/21\\_577.html](http://www.drgreene.com/21_577.html)

There are more bacteria in or on the human body than cells making up the human body.

[http://www.bitoffun.com/Fun\\_Facts\\_science.htm](http://www.bitoffun.com/Fun_Facts_science.htm)

## Wellness Tip # 13: Illness Prevention

It's easy to contract germs from others, especially living on a college campus. Here are some tips to help keep yourself from getting sick from other students!

- ☺ **Wash your hands often:** before you eat, after you use the bathroom, after you sneeze or cough; keep a bottle of hand sanitizer nearby
- ☺ **Keep your personal space clean:** keep your computer, phone, tv remote, etc. clean and wash your sheets often
- ☺ **Eat balanced meals every day—including breakfast:** people who eat breakfast daily are less likely to become sick
- ☺ **Avoid friends who are ill:** be polite, but this is one of the best ways to keep yourself from getting sick
- ☺ **Take breaks throughout the day:** even though you have a lot of work to do, if you feel tired, take a short rest, it's your body's way of telling you to slow down
- ☺ **Drink at least 8 glasses of water a day:** this is the best way to stay hydrated and keep your body healthy enough to fight off illness
- ☺ **Quit smoking:** smokers get sick much more frequently than non-smokers

<http://coldflu.about.com/od/prevention/tp/healthyatwork.htm>

**\*Outdoor Activity: Torrey Ridge Hiking Trip** is a 7.6 mile loop from Sherando Lake on Nov. 11th with views of the Valley on one side & the Lakes on the other. It will leave at 9am & is free. Contact Wilderness Adventure for more info or to RSVP: 885-3200

Don't forget: Aerobics every Tues. & Thurs. @ 4:15pm in the PAC with Dr. Bryant!



## What is the Avian Influenza (Bird Flu)?

The "avian influenza virus" is found chiefly in birds, but infections with these viruses can occur in humans. The risk from avian influenza is generally low to most people because the viruses do not usually infect humans.

However, confirmed cases of human infection from several subtypes of avian influenza infection have been reported since 1997. Most cases of avian influenza infection in humans have resulted from contact with infected poultry (e.g., domesticated chicken, ducks, and turkeys) or surfaces contaminated by infected birds. The spread of avian influenza viruses from one ill person to another has been reported very rarely, and transmission has not been observed to continue beyond one person.

There has been a ban on the importation of birds from countries known to have infection from this virus (in Asia, the Pacific, Europe & Eurasia, Africa, and the Near East).

<http://www.cdc.gov/flu/avian/gen-info/facts.htm>

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\* **A cough releases an explosive charge of air** \*  
\* **that moves at speeds up to 60 miles per** \*  
\* **hour. A sneeze can exceed the speed of 100** \*  
\* **mph.** [http://www.bitoffun.com/Fun\\_Facts\\_human.htm](http://www.bitoffun.com/Fun_Facts_human.htm) \*  
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Doctors now recommend coughing & sneezing into the crease or your elbow instead of into your hand!

**Community Service Opportunities:** Volunteer your time helping Salvation Army with...

- Food drive pick up from area schools Nov 14th from 9am-2pm
- Bell Ringing at Wal-Mart or the Mall on Nov 17th & 18th
- Vote for who YOU think Mary Baldwin's Angel is! Jugs will be in the dining hall on the 20th. All money will go toward the Salvation Army's Angel Tree

You can sign up for both opportunities in Hunt Dining Hall or email [community-service@mbc.edu](mailto:community-service@mbc.edu)

**A pandemic is a global outbreak of flu that causes serious illness in people and spreads quickly through populations.**

[http://www.kidshealth.org/teen/infections/colds\\_and\\_flu/bird\\_flu.html](http://www.kidshealth.org/teen/infections/colds_and_flu/bird_flu.html)

## Upcoming November Events:

- Nov 7 Senior Transitions: Business Etiquette Dinner @ 5pm in Hunt West
- Nov 8 Flu Shot Clinic in the Student Activity Center for \$25
- Nov 8 Community Service Speaker: Center for Children & Youth & AMC Hospital @ 1pm in Miller Chapel
- Nov 11 MBC Basketball vs. VA Wesleyan @ 2pm in the PAC!
- Nov 11 A.S.K. Fashion Show @ 7pm; mixer @ 10pm in the SAC
- Nov 15 Community Service Speaker: United Way @ 1pm in Miller Chapel
- Nov 15 Acoustic Musician Nick Motil @ 8pm in the Nuthouse
- Nov 16 Fall Dance Festival @ 7pm in the PAC Dance Studio
- Nov 16 through 19 Play: Long Time Since Yesterday in Deming @ 8pm (Sunday's Performance @ 2pm)
- Nov 17 through 19 Junior Dads & Family Weekend