Healthy Headlines

Cold & Flu

The season of cold and flu is back! Here are some fun facts and useful tips to help you take charge of your health!

**Prevention**
- **Wash your hands!** Both cold and flu may spread through contact, so be sure to wash after coughing or sneezing.
- **Avoid sharing beverages and food.**
- **Exercise regularly and eat nutritiously.**
- **Keep your stress level under control.**
- **Exhausted? Relax!** Take some time for yourself.

**COLD Symptoms**
- Slight aches
- Occasional fatigue
- Sneezing
- Stuffy nose
- Sore throat
- Cough

**WHOOPING COUGH**
Make sure you’re **up-to-date** with everything pertussis!
It is **highly contagious** and often marked by cold symptoms with a worsened cough. Many of us are in need of a booster because our vaccine from childhood is losing its power! **Call your parents or primary care provider to check up on your vaccination status!**

**COLD Remedies**
- **Stay hydrated.**
- **Get plenty of sleep.**
- **Gargle warm salt water.**
- **Use a humidifier to moisten the air.**
- **Turn the thermostat a little warmer.**

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[CSB Health Services]
[College of Saint Benedict]
[Lottie Hall, Lower Level]
{(320) 363-5605}

**Hours:**
- Monday–Friday
  - 8:00am - 4:30pm
- Weekends
  - CLOSED
- Breaks
  - CLOSED

Appointments are preferred

E-mail us!
[healthinfo@csbsju.edu]

**Sources:**
[www.mayoclinic.com], [Help on the way Flu brochure], [Taking care of your Cold brochure]

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[CSB Health Advocates]

[Devis: Have fun. Play smart. Live well.]