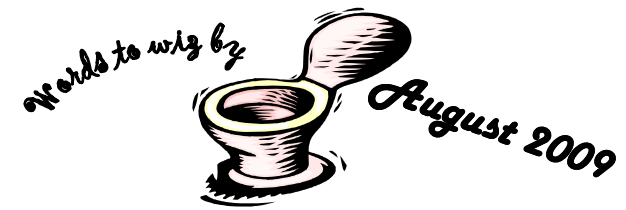




The Monthly InStAllment



UHS Health Promotion Office, UHS Building, 2nd floor, 273-5775

Let us help you **Bee Healthy this year!**



Protecting yourself is the most important step in fighting off illness. Living with new people in close proximity increases the likelihood of spreading germs, which means it is likely you will get sick some time this year. You can do something about it! Choosing a healthy lifestyle and following these everyday actions will increase the probability that you will have milder sicknesses or may even be illness-free.

1. Wash your hands.

Washing your hands with soap and water is one of the best ways to avoid getting sick! Wash your hands after you cough, sneeze or use the bathroom. Using soap and water, rub your hands together under hot water for 20 seconds. That's about how long it takes to sing "Happy Birthday" all the way through.



2. Use a Tissue.

"Cover your mouth.
Cover your nose.

Use a clean tissue for all your blows!
No tissue in sight?
Don't despair.
Use your sleeve to keep germs out of the air."



Thunder Bay District Health Unit

Please... Whenever you cough or sneeze, use a tissue, and when you are done, throw it away in the trash. Thank you!!

3. Don't Touch.

Some germs can live on surfaces for more than 2 hours! Reduce your chance of getting sick by not touching your eyes, nose, or mouth unless you have washed your hands recently. Can't stop touching your face? Carry an alcohol-based hand sanitizer with you and use it often.



1. Wash your hands frequently with soap and water or use a hand sanitizer.



2. Cover your mouth and nose with a tissue when coughing and sneezing. Throw your tissue away.



3. Try not to touch your eyes, mouth, or nose.

4. Get adequate rest, exercise regularly, and eat nutritiously.



5. Get a flu (influenza) shot every fall to help protect yourself during the winter flu season.



6. Do not share cups, towels, utensils, and razors.

7. Wipe commonly used surfaces in food and bathroom areas with cleaning solution.

8. AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.

4. Eat, Sleep, Exercise, and Be Healthy :)

NUTRITION: You know the drill. Eat lots of fruits and veggies (strive for 5!), choose lean meats (like chicken breast), and WHOLE grains (make sure the first ingredient listed on the label is a whole grain). Choose water or milk (1 or 2%), not soda.



SLEEP: Aim for 7-9 hours of sleep each night. Keeping yourself awake? You are reducing your body's ability to prepare for the next day. Not sleeping enough over a long time period dramatically increases your chance of getting sick. Can't fall asleep? Try caffeine free tea. Don't study in bed. If you can't sleep, get out of bed and do something relaxing. Then try going back to bed again. Don't consume caffeine at night. It takes 4-5 hours to eliminate half of it from your body.



5. Get a Flu Shot. Never had influenza (the "flu")? Don't start now. Getting a flu shot will help protect you from getting the flu and limit the spread of illness on campus. The flu vaccine does not contain a live virus and **cannot cause the flu**. UHS will hold flu vaccine clinics beginning in October. If you have BCBS health insurance through UHS, your flu shot is covered by your insurance.

6. Don't Share Personal Items.

It's nice to share, but there are limits. Sharing your razor, cup, toothbrush, toothpaste, straw, or utensils is a sure way to increase your likelihood of getting sick. Keep your personal items to yourself!



7. Clean Surfaces.

Germs can live on surfaces for several hours. Think before you touch! Take a minute or two to wipe down surfaces you will be touching, especially in kitchen and bathroom areas. Don't forget your keyboard, phone, door handle, and light switch.

8. WATCH THE COMPANY YOU KEEP.

If your friends are sick, this would be a good time to keep your distance. Likewise, if you are sick, stay in your room and avoid classes to keep from infecting others. Kissing someone who is sick is just asking to get sick yourself.



EXERCISE: Try and exercise 5 times a week for 30 minutes each time. Hate the gym? Try a group exercise class! For class times, go to rochester.edu —> athletics —> recreation —> fitness. Remember that walking to class and taking the stairs count as exercise! To incorporate exercise into your daily life, set realistic goals and choose an exercise you enjoy. Mix it up to keep it interesting. Allow yourself some days off. Exercise can help you reduce stress, improve your mood, and promote better sleep.

Find us on Facebook!! Become a fan of the UHS Health Promotion Office! Stay up to date on events and programs going on around campus. Search UHS Health Promotion Office.

Mark your calendar... PostSecret, Founder, Frank Warren

Thursday, September 17, 7:00 p.m., Strong Auditorium

\$3/students

For more, check: <http://postsecret.blogspot.com/>