

The Monthly INSTALLment

Words to wiz by since 2005! 

UHS Health Promotion Office, UHS Building, 2nd Floor, 585-273-5772, www.rochester.edu/uhs/healthpromotion

November 2010



Taking Care of the Common Cold

Most colds last for 4-5 days. While there is no cure for the common cold, over-the-counter medications may reduce your cold symptoms. Colds are spread from person to person through coughs, sneezes, and mucous on a person's hands. You can pick up the

virus from books, towels, door handles, etc. that people with a cold have touched.

Self Care for Colds

Below are recommendations for self-care for four of the most common cold symptoms – fever, cough, sore throat, and nasal congestion.

Fever

Drink plenty of fluids (water, fruit juice, soup, etc.) and watch for signs of dehydration such as dry mouth, sticky saliva, or reduced urine output with dark color. Take acetaminophen or ibuprofen as directed.

Cough

Drink plenty of fluids (water, fruit juice, soup, etc.) and use a vaporizer or hot shower steam to loosen congestion and thin mucous. Try an over-the-counter expectorant if you have a productive cough. For non-productive coughs try a cough suppressant or a decongestant.

Sore Throat

Drink plenty of fluids (water, fruit juice, soup, etc.) as well as hot beverages, especially those with honey to soothe the throat.



Nasal Congestion

Drink plenty of fluids (water, fruit juice, soup, etc.). Breathe in moist heat from a vaporizer or shower to help break up congestion. Use a saline nasal spray or decongestant to dry up the mucous.

Get Your Flu Shot @ UHS!*

**November 3rd
4:00-6:00 PM**

Cold vs. Flu

Flu Shots in Hutchison!*

**November 4th
11:30 AM-1:30 PM**

How do I know the difference?

Symptoms	Cold	Flu
Onset	Gradual	Sudden
Fever	Rare	Usual; high (100.4°F-102°F) is typical; lasts 3-4 days
Cough	Hacking; mild	Dry; can become severe
Headache	Rare	Common
Muscle/Joint Aches	Slight	Usual; often severe and sudden
Fatigue, weakness	Sometimes, very mild	Usual; can last 2-3 weeks
Stuffy Nose	Common	Sometimes
Sneezing	Usually	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort	Mild to moderate; hacking cough	Common
Extreme Exhaustion	Never	Usual; at the beginning of the illness

Tips for Staying Healthy this Winter

- * Wash your hands often with soap and water, especially after you cough, sneeze, or use the bathroom.
- * Cover your nose and mouth with a tissue when you cough or sneeze.
- * Throw your used tissues in the trash and then wash your hands.
- * Use an alcohol-based hand sanitizer frequently.
- * Avoid touching your eyes, nose, or mouth. Avoid kissing someone who is sick.
- * Do not share towels, utensils, cups, straws, etc.
- * Eat a balanced diet & get 8-10 hours of sleep daily.
- * Get a flu shot every year.



*Please bring your UR ID and insurance card. We will bill the cost to your insurance. If it is not covered, the cost is \$20.

Taking Care of the Flu

The flu, also known as influenza, is a respiratory illness caused by influenza viruses and is one of the most frequent wintertime health complaints on college campuses.

Seek care from a medical professional if you experience:

- * Shortness of breath
- * Confusion
- * Production of large volumes of phlegm
- * Wheezing
- * Relapse of flu symptoms after 10 to 14 days



These symptoms may indicate an illness other than the flu. Individuals with diabetes or with chronic heart, lung, or kidney disease should be under the care of a health professional as soon as they develop flu-like symptoms.

If you have a typical case of the flu:

- * Rest in bed.
- * Drink 1-2 quarts of light liquids (water, tea, juice, clear soup, etc.) a day. Eat what you feel like eating (low fat, "light" foods are best).
- * Take aspirin-free pain relievers such as acetaminophen, or ibuprofen every four to six hours to reduce fever and relieve aches and pains.

Since flu is caused by viruses, antibiotics (which attack bacteria) will not work and may even be dangerous since they may cause side effects of their own. The only real cure for flu is time. A few antiviral drugs are now available that are effective in preventing and/or shortening the duration of influenza. If you have questions about antiviral drugs, you can speak with your primary care provider at UHS.

Concerned about your cold or flu symptoms? Call UHS.

To speak to a registered nurse about your health concerns call the UHS Health Information Line: 585.275.1160.

To make an appointment with your primary care provider, please call: 585.275.2662.