

UW-W SAFETY SPOTLIGHT

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Trending Topics



By: UW-Whitewater Safety Academy

SAFETY SPOTLIGHT SURVEY

We appreciate your feedback! Please take less than five minutes out of your day to complete our survey, so that we can continuously improve the newsletter.

[Click here](#)



Winter is the season for colds and flu. Being on campus, students and staff are in constant proximity to one another. Here are some ways to minimize the risk of catching colds and the Influenza (Flu) virus.

Wash your hands

It could be as simple as touching a doorknob. Germs can be transmitted by physical contact and enter the body when infected hands touch vulnerable parts like our eyes, mouths and noses. These areas offer easy access to invading germs. Washing hands often can significantly reduce the chances of catching a virus, especially the rotavirus, which tends to infect children and causes vomiting and diarrhea.

Zinc and Garlic

The mineral zinc helps fight colds and provides a boost to the immune system. Good food sources include meat, oysters, eggs, seafood, tofu, black-eyed peas. Zinc and Vitamin C make a great cold-busting combo. Garlic helps ease chest complaints, and small amounts taken daily may also reduce the frequency of colds and flu.

Drink Plenty of Water

Doctors recommend we drink about eight glasses of water a day to stay healthy. Water helps the kidneys function and flushes out toxins that accumulate in our bodies. If you have a cold, being dehydrated makes your mucus drier and thicker and less able to cope against invading bacteria and viruses. If already infected with a cold, drinking plenty of fluids will help flush out the infection.

FLU PREVENTION TIPS

Seasonal influenza is a contagious respiratory illness. Approximately 5-20% of U.S. residents get the flu each year.



Avoid close contact

Avoid contact with people who are sick. When you are sick, keep your distance to protect others.



Get vaccinated

The single best way to prevent seasonal flu is to get vaccinated each year.



Stay at home when sick

By staying home, you will prevent others from catching your illness. Stay home for 24 hours after fever is gone.



Cover your mouth and nose

Use a tissue or the upper part of a shirt sleeve at the elbow when coughing or sneezing.



Wash your hands

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.



Don't touch your face

Germs are spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.



TIPS TO STAY HEALTHY

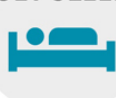
EAT RIGHT



EXERCISE



GET SLEEP



Ways to fight the Flu

1) Take time to get a flu vaccine.

Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October.

2) Take everyday actions to stop the spread of germs.

Wash your hands often with soap and water or use an alcohol-based hand rub. Avoid spreading germs, by touching your eyes, nose and mouth. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3) Take flu antiviral drugs if your doctor prescribes them.

Antiviral drugs can make illnesses milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.

CDC FLU FACT

It takes about 2 weeks after vaccination for antibodies to develop in the body to protect against flu.



#FIGHT FLU

www.cdc.gov/FightFlu

With a cold, you don't need to go to the doctor; however, if you're having trouble breathing, cannot get your fever to go down or are showing signs of dehydration such as dizziness, weakness, confusion and fainting, you just might have the Flu and should visit the doctor.

COLD VS FLU

A cold and the flu (influenza) are two different illnesses. Make sure you know the difference.

Low or none	FEVER	High
Sometimes	HEADACHE	Very common
Stuffy, runny	NOSE	Stuffy, runny
Very common	SNEEZING	Sometimes
Mild, hacking	COUGH	Severe
Slight	ACHES/PAINS	Severe
Mild	FATIGUE	Can last for several weeks
Sore	THROAT	Sometimes sore
Normal, may feel sluggish	ENERGY	Extreme exhaustion
Symptoms can last 7-10 days	DURATION	Symptoms can last several weeks

TREATMENT OPTIONS

TO HELP RELIEVE COLD SYMPTOMS

- Over-the-counter cold medications, such as decongestants and cough medicine
- Over-the-counter antihistamines
- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm, salt water gargling for sore throat
- Petroleum jelly for raw, chapped skin around the nose and lips
- Warm steam for congestion

IF YOU HAVE A FEVER OF 101°
OR HIGHER FOR MORE THAN 24 HOURS,
SEEK TREATMENT.

PREVENTION

- Wash your hands often and keep your hands away from your eyes, nose and mouth
- Be sure to get your annual flu vaccination

 **Marshfield Clinic**
Don't just live. Shine.