

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...
HERE'S SOME NEWS YOU CAN USE!



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Get to know your Peer Educator

Taj Joseph



- **Hometown:** Brooklyn, NY
- **Major:** Animal Science
- **Why Coby?** Coby is not as busy as the city and that's what I like about it. Life here is nice and slow.
- **Favorite thing about being a peer educator:** Working with other peer educators doing programs.

Closing the Gap between Talk and Action

Seasonal flu is a serious highly contagious respiratory illness caused by influenza viruses. In the US, approximately 5 to 20 percent of individuals get the flu each year, more than 200,000 are hospitalized, and tens of thousands die from flu-related complications. On average, college students who get the flu experience up to eight or more days of illness. Most college students in the US (70%) believe it is important to get an annual influenza (flu) vaccine, but less than half (46%) actually get vaccinated. Annual vaccination is the single best way to protect against the flu.

(National Foundation for Infectious Diseases)

Upcoming Campus Flu Shot Clinics

Wednesday, October 23rd
11 am to 2 pm
At the Wellness Center

Tuesday, October 29th
2 pm to 6 pm
At Prentice Lobby
(Bring your insurance card)

Oh No! I have the stomach bug! What do I do?

Nausea, vomiting and diarrhea are common symptoms of gastroenteritis- the inflammation and irritation of the stomach and the intestines. Viruses, bacteria, intestinal parasites, certain medications, stress, excessive alcohol or tobacco use, or allergies can cause it. To manage the symptoms of gastroenteritis your primary goal is to prevent dehydration. Do not eat or drink anything for 1 to 2 hours after the last episode of vomiting. Then try ice chips or a small amount of water. Drink sips of water, ginger ale, sports drinks, flat soda or clear broth for the first 12 hours. After 12 hours, try small amounts of bland foods, such as rice, potatoes, crackers, pretzels, dry toast, applesauce or bananas. After bland food is tolerated, resume a normal diet as tolerated avoiding dairy products, alcohol, raw fruits and vegetables, spicy or fatty foods (pizza) for 24-48 hours. Diarrhea may last for 7 days and stool may not return to normal for 2-3 weeks. It's time to seek medical help if you are unable to keep down fluids for more than 12 hours, if you have a fever greater than 102 degrees, signs of dehydration, severe abdominal pain, severe headache, black or tarry stools or stools that contain blood. Remember, the best way to prevent the spread of disease is to wash your hands with soap and water, especially after toilet visits and before eating and preparing food.

Booze For Brews
Turn-in your booze to UPD at Bouck
Anonymously, No Questions Asked
For every turn-in receive a coupon to the Brewhouse for a FREE coffee

Fridays in October
11th, 18th & 25th
2 pm - 3 pm

Saturdays in October
12th, 19th & 26th
6 pm - 7 pm

Brought to you by University Police and the Wellness Center
If you have any questions contact
University Police 518-255-5317
or
The Wellness Center 518-255-5225

Health Educator AMA
223 Comments Give Award Share Save

Wednesdays 9th - 16th - 30th
27 Comments Give Award Share Save

At the Brewhouse
25 Comments Give Award Share Save

6:00 pm - 7:30 pm
Join the Wellness Center Health Educator for a discussion of your choice.
Submit questions on [Reddit.com/r/WellnessCenter/](https://www.reddit.com/r/WellnessCenter/)

Don't be the last to know.

From class cancellations to campus emergencies, not being in the know can really cost you. Sign up for the NYAlert system. It's your lifeline to vital information when you need it. Free, quick, simple, and confidential, it's the connection you can't afford to be without.

Sign up today! <https://www.cobleskill.edu/nyalert/>



Mental Health Screenings

Freaking out about exams? Drinking a lot more than you used to? Are you eating a lot or not at all? Is it just stress or could there be an underlying mental health issue? The Wellness Center offers free, anonymous online screenings. Just go to: www.cobleskill.edu/wellness and select "Online Mental Health Screening."



The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Directors Mary Radliff/Lynn Ontl at 518-255-5225