

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...

HERE'S SOME NEWS YOU CAN USE!



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Being Mentally Healthy

Jason Paden, former SUNY Cobleskill student, will share his journey through a diagnosis of Bipolar Disorder & Schizophrenia to the development of a holistic lifestyle of strategies to live *Mentally Healthy*.

February 16, 2017
Upper Champlin
3:30pm

Flu



Anyone can get the flu (even healthy people) - and serious problems from flu can happen at any age. We usually recommend that college students get a flu shot because it is easily spread in residence halls and other typical college settings. In addition to getting a flu shot, college students can protect themselves and others from the flu by:

- Following good hygiene habits (like washing your hands with soap and water) and avoiding people with flu-like symptoms.
- Avoiding contact with your eyes, nose, or mouth because your hands may be contaminated with flu germs.
- Coughing or sneezing into your sleeves or tissues, instead of your hands.
- Not going to school or work if you think you're sick, and limit your contact with others.

Here are a few reasons why you absolutely need to get a flu vaccine this year:

- Influenza (the flu) circulates all over the world, and it can affect anyone, regardless of their age or health.
- The flu can lead to complications like pneumonia, ear infections, and sinus infections. It can also worsen existing conditions, like asthma or diabetes.
- Each year, thousands of people in the U.S. die from the flu and its complications.

Mumps On College Campuses

Other SUNY Campuses have had outbreaks of mumps. Although there have been no individuals with mumps at SUNY Cobleskill, the Wellness Center would like to inform you about the illness. Symptoms of mumps occur 12-25 days after exposure. Mumps may start with a few days of fever, headache, muscle pains, fatigue and loss of appetite. These non-specific symptoms are followed by pain and swelling of the salivary glands in front of and below the ear. Most cases of mumps recover completely in a few weeks. Mumps can have rare complications including orchitis, oophoritis, pancreatitis and encephalitis.

The transmission of mumps is by direct contact with saliva or mucus from the mouth, nose, or throat. An infected person can spread the virus by sharing eating utensils, drinking glasses, smoking paraphernalia and kissing. The Centers for Disease Control and Prevention recommends that persons who are not fully immunized be vaccinated. Individuals should avoid close contact with people who are sick. Cover your mouth and nose with a tissue when you cough or sneeze and wash your hands often with soap and warm water for at least 20 seconds or use an alcohol-based hand sanitizer. If you are concerned you may have the symptoms of mumps, please contact the Wellness Center or call the Nurses Line at 255-5622, as soon as possible.

Questions From Students Like You...

These questions were asked by SUNY Cobleskill students on the most recent Patient Satisfaction Survey. We thought you might like to know the answers!

Q: *I came to the Wellness Center with a sore throat; the health care provider did a rapid strep test, which was negative, and a throat culture. Why didn't I get antibiotics?*

A: Most illnesses are caused by two kinds of germs: bacteria or viruses. Antibiotics can cure bacterial infections- not viral infections. Bacteria cause strep throat, some pneumonia and sinus infections. Viruses cause the common cold, most coughs and the flu. Using antibiotics for a virus: will not cure the infection, will not help you feel better, and will not keep others from catching your illness and in fact can lead to other problems.

Q: *I had a one o'clock appointment at the Wellness Center. Other patients that came in at the same time were called in to see providers before me. Why did I have to wait?*

A: The Wellness Center Staff makes every possible effort to schedule appointments in a meaningful way to respect the time and comfort of our patients. Be aware that four counselors and three health care providers share the Wellness Center waiting room. If you have waited for 15 or more minutes, please ask the office staff how much longer they think the waiting time will be. If you are unable to wait due to a class or commitment, please ask to reschedule your appointment.

8 Tips For Developing Positive Relationships

One of the most profound experiences we can have in our lives is the connection we have with other human beings. Positive and supportive relationships will help us to feel healthier, happier, and more satisfied with our lives. Here are a few tips to help you develop more positive and healthy relationships in your life:



1. Accept and celebrate differences. So accepting and celebrating that we are all different is a great starting point.

2. Listen effectively. Listening and understanding what others communicate to us is the most important part of successful interaction and vice versa.

3. Give people your time. When you are with someone, truly be with someone and not dwelling in the past or worrying about the future.

4. Develop your communication skills. Communication occurs when someone truly understands what you are saying and what you mean.

6. Learn to give and take feedback. Constructive feedback helps to tap into personal potential and can help to forge positive and mutually beneficial relationships.

7. Learn to trust more. Trust is hugely important in any relationship - no love will last without equal amounts of respect and trust.

8. Develop empathy. Empathy is a state of perceiving and relating to another person's feelings and needs without blaming, giving advice, or trying to fix the situation.

<https://trainingmqaa.com/content/8-tips-developing-positive-relationships>

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 Nurse Call Line 518-255-5622

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)

