

THE CAN CHRONICLE

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

HERE'S SOME NEWS YOU CAN USE!



February 2018

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Cold vs. Flu

Is it a COLD or the FLU?

Telling the difference between a cold and the flu can be tricky. Both a cold and the flu are caused by a viral infection. Viral infections cannot be cured with antibiotics. It is common with both a cold and the flu for sufferers to have a fever, sore throat and cough. The major difference is the flu can cause a sudden high fever from 102°F - 104°F, chills, muscle aches, fatigue, light sensitive eyes, and a dry hacking cough. Unlike a cold, the flu often moves into the lungs and can knock you out for up to a week or more.



If you visit the Wellness Center, don't be surprised if you are not prescribed antibiotic treatment. When it comes to treatment, antibiotics are useless against all viruses. Our medical staff will advise you to take it easy, get lots of rest, and drink plenty of fluids (like fruit juices and water). They may also suggest some over-the-counter medications to help you feel better while the cold or flu runs its course.

Flu shots may be available at Cobleskill pharmacies. You can also receive a prescription for Tamiflu (an anti-viral medication) at the Wellness Center if you test positive for flu.

Tide Pod Challenge



The American Association of Poison Control Centers has issued a "high alert" notification saying it

has documented 86 cases of intentional exposure to laundry detergent pods among teenagers in the first three weeks of 2018. Individuals have been hospitalized for vomiting, breathing difficulties, and loss of consciousness. Since 2012, eight fatalities have been linked to the ingestion of Tide Pods. **Seriously?** Put the pod where it belongs - in the laundry - not your body!

Don't forget the anonymous on-line mental health screening available at: screening.mentalhealthscreening.org/cobleskill

Peer Educator Corner

Mental Health – Depression and Anxiety

Giulia Gionta & Mitchel Light

Mental Health is defined as a person's psychological and emotional well-being. Mental illness refers to a widespread range of mental health conditions that affect your mood, thinking, and behavior. Two common mental health conditions prevalent among college students are Depression and Anxiety. Depression is defined as feelings of despondency. Anxiety is defined as feelings of worry, stress, or nervousness. Due to the general stress of our busy schedules and everyday life, it may be hard to detect in yourself.

What are some ways to manage and/or prevent your anxiety or depression?

Depression Prevention

Take steps to control stress
Reach out to family and friends

Anxiety Prevention

Get help early
Stay active - participate in activities or social events that you enjoy

For further help in managing symptoms of Anxiety or Depression, come speak to a provider at the Wellness Center.

What is Seasonal Affective Disorder (SAD)?

Seasonal Affective Disorder, or **SAD**, is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer. SAD is sometimes called winter depression or seasonal depression.

Anyone can get SAD, but it's more common in:

- Women.
- People who live far from the equator, where winter daylight hours are very short.
- People between the ages of 15 and 55. The risk of getting SAD for the first time goes down as you age.
- People who have a close relative with SAD.

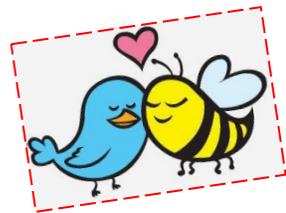
If you think you may be experiencing SAD, come talk to a provider at the Wellness Center to discuss your concerns.

ABC of P's & V's

Upper Champlin

7 pm

Tuesday, February 13th



This workshop, based on Allison Moon's book Girl Sex 101, is especially designed for women and the people who love them. Covering nearly everything there is to know in a fast-paced and fun workshop, you'll learn:

- Safer Sex
- How to talk about gender and identity
- Genital anatomy with a focus on *pleasure*
- How to build a "Road Map" of your partner's pleasure
- Simple ways to communicate in the heat of the moment

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)

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

