

# THE CAN CHRONICLE

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

January 2015

Co-Editors Shannan Breault and Cheryl Perog

## Welcome Back!



The Beard Wellness Center welcomes you back to campus this semester. We hope you had a

relaxing break and are ready for a good Spring Semester!

## Registration

If you have not completed the Health and Immunization requirements through the online student health portal, located at <http://cobleskill.medicatconnect.com>, please do so immediately. If you need assistance, please call or stop down at the Beard Wellness Center and we will be happy to help.

## THE SCRIPT

An educational show confronting Dating Violence & Sexual Assault  
**THE SCRIPT** provides practical ways in which students can act as empowered bystanders and work to prevent violence on campus

**WHEN: Tuesday, January 27th**

**WHERE: Bouck Theater**

**TIME: 7:00p.m.**

**Sponsored by the Beard Wellness Center**



Cover your Cough

Cough or sneeze into your elbow, not your hands.

Cover your mouth and nose with a tissue when you cough or sneeze.

## CONGRATULATIONS!!!

Taylor Tommell won a \$25 gift card at the "What the Duck" program in December!

## Wellness Center Information

The Wellness Center is open Monday through Friday from 8am - 4:15pm. For **emergencies** after hours please dial 911. Students are encouraged to schedule appointments for health and counseling services. Please be courteous to others by calling to cancel or reschedule if necessary. Walk-in visits are available on a limited first come, first served basis.

### Services Include:

Care of acute illness or injury	Immunizations
Women's/Men's health services	HIV testing
STI screening	Emergency contraception
Laboratory services	Prescription refills
Health education	Mental health counseling

For questions about our services, stop down or give us a call at (518) 255-5225, and remember all our services are CONFIDENTIAL.

## We're Here to Help!

## 10 Signs You're Ready To Go Back To College After Winter Break

1. You talk to your stuffed animal like it's your roommate.
2. You've started wearing flip-flops in your own shower.
3. You've watched so much Netflix, you can feel your brain starting to melt.
4. Your parents caught you doing shots of OJ at the breakfast table.
5. Some nights your dreams take place in your school library - even though the only time you went in there was during finals week.
6. Sleeping in is starting to lose its glamour.
7. You've called one of your parents "professor" by accident
8. You sort of miss socializing in the bathroom. It's too quiet.
9. You've beaten every level of Candy Crush. Twice.
10. You visited your old high school because you couldn't think of anything else to do.

BuzzFeedCommunity.com

## Flu versus Ebola

### FLU

The flu is a common contagious respiratory illness caused by flu viruses. The flu is different from a cold. Flu can cause mild to severe illness, and complications can lead to death. The signs and symptoms of flu usually develop within 2 days after exposure. Symptoms come on quickly and all at once.

Fever or feeling feverish	Headache
Muscle or body aches	Feeling very tired (fatigue)
Cough	Sore throat
Runny or stuffy nose	

### EBOLA

Ebola is a **RARE** and deadly disease caused by infection with an Ebola virus. Ebola can only be spread by direct contact with blood or body fluids from a person who is sick with or who has died of Ebola. Ebola cannot spread in the air or by water or food. The signs and symptoms of Ebola can appear within 21 days after exposure. You may be at risk for Ebola if you have travelled to the following countries within the last 21 days: Liberia, Guinea, or Sierra Leone. Symptoms of Ebola develop over several days and become progressively more severe.

Fever	Severe headache
Muscle pain	Feeling very tired (fatigue)
Weakness (can be severe)	Stomach pain
Unexplained bleeding or bruising	Vomiting & diarrhea develop after 3-6 days

[www.cdc.gov/flu](http://www.cdc.gov/flu) and [www.cdc.gov/ebola](http://www.cdc.gov/ebola)

## The Wellness Center

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

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)

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