



Cold and Flu and You:

Minnesota State University, Mankato
Student Health Services

Are You Prepared?

Winter Newsletter

While no one wants to think about the possibility of an emergency occurring, in the event that it does, are you and your family prepared? The Minnesota Department of Health recommends the following suggestions for an emergency supply kit:

- Water - 1 gallon per person/day
- Food - Non-perishable, high protein items like energy bars and peanut butter.
- Flashlight - don't forget the batteries
- First Aid Kit with reference guide
- Medications - both prescription and non-prescription items
- Battery Operated radio - w/ batteries
- Tools - wrench, screwdriver, duct tape, hammer, pliers, and plastic sheeting
- Kitchen accessories - a manual can opener, knife, garbage bags and ties
- Clothing - make sure everyone has a change of clothes including shoes and gloves
- Personal Items - Eye glasses, contact lenses/solution, copies of documents
- Children's Items - Toys, books, deck of cards, and other hand held games
- Sanitary Supplies - Toilet paper, feminine/personal hygiene supplies, and other anti-microbial cleaners
- Money - ATM's and Credit Card won't work if power is affected
- Contact information - names, phone numbers, email, etc. Include those out of the area as they may be the only people that can be reached.
- Pet Supplies - food, water, leash, litter box, plastic bags, medications and vaccination information
- Map - for an evacuation route

Special Point of Interest for Faculty/Staff:

Professional development day (January 10, 2007) a workshop will be offered that will address preparing your family for a flu pandemic. This will be a great opportunity to discuss these issues with colleagues and identify an emergency flu plan for your family.

So now you are prepared for an emergency, BUT...are you prepared for a flu pandemic?

If you are exposed, have you made arrangements for your family?

If your child care facility is closed, where will your children be?

Has your family discussed what to do and where to go if illness occurs?

If able, will you work or remain home?

If you work, how will minimize your risk of getting ill from flu?

If you don't work, have you arranged for adequate resources for your family to live on (many items needed are listed above, but with no income have you set aside savings that will allow you to continue to pay bills?)

Do you have supplies in your home to monitor and treat anyone that may be sick? (Thermometer,

medications, fluids, etc).

Do you know when to seek medical help for someone sick and when to remain at home?

Have you educated your family about ways to minimize exposure to germs (wash your hands; cover your cough; etc).

Sensible Signs Around Campus

Student Health Services has placed signs around campus encouraging people to stop the spread of germs that make you and other people sick.

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in a waste basket.



- If you don't have a tissue, sneeze or cough into your sleeve.
- After coughing or sneezing, always clean your hands with soap & water or an alcohol-based hand cleaner.

- Stay home when you are sick.
- Do not share eating utensils, drinking glasses, towels or other personal items.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.
- Get vaccinated! Influenza (flu) and pneumococcal (pneumonia) vaccines can prevent some serious respiratory illnesses.



Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

You may be asked to put on a surgical mask to protect others.

Clean your Hands after coughing or sneezing.

Wash with soap and water or clean with alcohol-based hand cleaner.



Source: www.health.state.mn

8 Super Foods that you should eat often to boost your health . . .

- Berries**- top your cereal with frozen, unsweetened berries; make a fruity smoothie
- Citrus**- snack on a fresh orange; add pineapple chunks to your stir-fry or salad
- Whole grains**- choose 100% whole grain breads, cereals & pasta; brown rice; oatmeal
- Low-fat dairy**- skim or 1% milk and yogurt; consume 3 (8 oz) servings daily
- Nuts**- snack on 1/4 cup of almonds, walnuts or peanuts or spread a nut butter on toast
- Salmon**- great source of omega-3 fats; canned wild salmon is economical & tasty
- Greens**- broccoli, asparagus, spinach & other greens can be enjoyed raw or stir-fried
- Beans**- black, pinto, garbanzo & kidney beans are nutritious & filling. Add to soup, salads, casseroles, burritos or chili.

You should have three 8-ounce servings of low-fat dairy every day.



Better Mood, More Energy, and Healthy Weight

You can do all of the above by simply Eating Breakfast! Your brain usually runs on **glucose**, the fuel needed to think, walk, talk, and carry on most activities. We get glucose by eating foods that contain carbohydrates (fruit, grains, vegetables, and dairy products). When we are **not** eating our bodies rely on stored fuels (glucose, fats and protein) to supply the brain, nervous system and organs. When you eat



your last meal of the day in the evening and the following morning skip breakfast and wait several hours to eat, your body has used up the small amount of glucose that we store in the liver (the brain uses fuel 24/7). Now your body will have to work hard to turn fat or protein into a usable form for your brain to function and many of the body's

processes are slowed in response. Studies have shown over and over again that eating breakfast can improve concentration, problem solving ability, mental performance, memory and mood, and it will "jump-start" your metabolism. "Breakfast" doesn't have to be eaten in the morning if you get up at noon . . . it's the first meal of the day and should be consumed within an hour or two after waking.