



Northern Michigan University

Northern Michigan University Wildcat Wellness Connection

VOLUME V ISSUE I

SEPTEMBER 2017

The purpose of the "Wildcat Wellness Connection" newsletter is to keep you informed about wellness related issues. Please note that information in this publication, along with other similar materials, is meant to complement the advice of your physician, not replace it. Before making any major changes in your medications, diet or exercise, please consult your physician.

Questions and Comments

*Please feel free to contact the Employee Wellness Graduate Assistant, Rhian Dalgord.
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The Common Cold



ACHOO!!!

The common cold affects the average adult approximately two to three times each year and is one of the main reasons for adults to miss work. This viral infection of the upper respiratory system often peaks during the winter and spring months. However, it can occur at any point throughout the year. For the average individual, it takes approximately 7-10 days to recover. For those with chronic disease and/or a weakened immune system, the common cold can progress into pneumonia. Diagnosis is typically based off of symptoms and no additional testing is needed. Continue reading to find out more on how to prevent the common cold along with treatment strategies.



Common Cold Symptoms:

Begin 1-3 days after exposure to the virus

Coughing

Congestion

Runny Nose

Sore Throat

Watery Eyes

Sneezing

Body Aches

Low Grade Fever

Headaches

Preventing the Common Cold

Avoiding missing work and school is a priority as the Fall 2017 semester kicks into full gear. As stressors associated with personal and professional life can compound, staying healthy is a priority for many! The Rhinovirus is the most common culprit of the common cold. This virus can be spread through the air and also lives on surfaces and is easily spread through contact. Rhinovirus can enter the human body via the nose, eyes and mouth.

A few common tips can aid in prevention of the common cold.

- **Avoid Contact with Those who are Sick**
 - Do your best to avoid direct contact with those that are sick. The rhinovirus is frequently spread through the coughing and sneezing and talking of others who are currently sick.
- **Disinfect Surfaces Regularly**
 - Do your best to frequently disinfect surfaces such as your desk, computer keyboard and cell phone.
- **Avoid Touching your Hands to your Mouth and Eyes Frequently**
- **Handwashing and the Use of Hand Sanitizer**
 - Handwashing is **KEY** in cold prevention! However, most people do not wash their hands correctly or for long enough. See the handy guide below for the correct technique!
 - Don't have access to soap and a sink? Carry a small bottle of hand sanitizer with you to use!

BEST WAY TO PREVENT GETTING THE COMMON COLD...

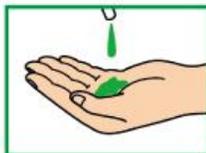
HANDWASHING!

1 Wash

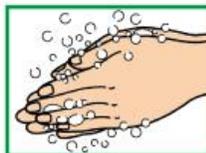
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1 Wet the hands



2 Take an adequate amount of liquid soap



3 Rub hands to lather



4 Rub the back of each hand with the opposite palm



5 Rub palms with fingers interlaced



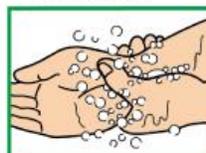
6 Rub each thumb clasped in the opposite palm



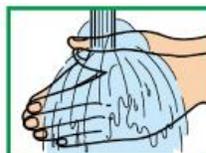
7 Rub fingertips in the opposite palm



8 If necessary, scrub the fingertips with a nail brush



9 Scrub the wrists



10 Rinse well with running water

Unfortunately, there is no cure for the common cold. Because a virus causes colds, a prescribed antibiotic is not effective management. Listed below are some general tips and more specific advice based on what symptoms who may be experiencing.

General Care

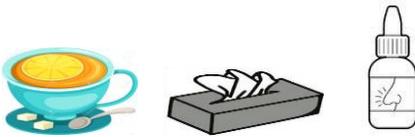
Get lots of rest

Drink plenty of fluids

Stay home from work or school

Use a humidifier

Use saline nose drops or spray



Sore Throat

Use ice chips, popsicles or lozenges to soothe your sore throat

Gargle with salt H2O

Drink warm beverages

Sinus Pain/Pressure

Apply a warm compress over your nose and forehead

Use an over the counter decongestant or nasal spray

Try a hot shower with steam

When Should I Go to the Doctor!?!?

Severely painful sore throat

Fever lasting > 5days

Symptoms lasting >10days

Symptoms that are severe or unusual

Shortness of breath or difficulty breathing

Fever > 100.4F

2017 FLU VACCINATION INFO

With the Fall 2017 semester underway, the flu season lingers not far behind. The NMU health center already has this years flu vaccination in stock and has began administration.



NMU's BCBS insurance policy covers 100%. If you do not have this insurance, simply call the Customer Service number on your insurance card and provide the CPT code (90688). The cost of the vaccination is \$30.00 out of pocket.

Flu shots can be obtained at the NMU Health Center on a walk-in basis from the hours of

9-11am and 2-4pm

each weekday

Keep an eye out for information regarding flu clinics that will take place on campus throughout the coming weeks.



Upcoming Events

- **Employee Benefits Fair: October 11, 2017 from 10am-2pm**
- **Cooking with Chef Nathan: October 19, 2017 1215-1245pm**
Walk to the University Center and join NMU Dining and the NMU Wellness Committee for a free lunch and learn event. Participants will enjoy a Korean Bibimbap salad, highlighting local ingredients, while Certified Executive Chef Nathan Mileski will demonstrate how to cook this flavorful, healthy dish.
Email wellness@nmu.edu to reserve your spot

Stay up to date with future programs by liking our Facebook page: or by going onto our website:

<https://www.facebook.com/NMU-Employee-Wellness-109968062427048/timeline/>

<http://www.nmu.edu/wellness/>

References

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CHECK OUT:
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