

SPECIAL COLD/FLU EDITION

Potty

For students



Mouth

by students

VOLUME 13 ISSUE 4

pottymouth@jmu.edu

FALL 2009

Biography of a Virus

The novel H1N1 swine flu virus first appeared in Mexico around April of 2009. It quickly spread throughout the United States and the world. The virus is a mixture of two swine flu genes, a bird flu gene, and a human flu gene. The US is the country with the most reported cases of swine flu in the world, and most cases in the US have been in the 5-24 year age range, making education about this pandemic crucial on college campuses.

Source: http://cdc.gov/h1n1flu/surveillanceqa.htm



Be Keen About Hand Hygiene

Hand washing is an effective way to prevent the spread of infections. You should wash your hands often and thoroughly, paying special attention to the area around and under your fingernails. To properly wash your hands follow these steps:

- Wet hands
• Scrub backs of hands, wrists, between fingers, and under fingernails for about 20 seconds
• Rinse
• Towel dry
• Turn off faucet with the towel

Source: http://www.jmu.edu/bbp/handwashing.shtml



Say It, Don't Spray It!

H1N1 flu is spread through mucosal and salivary droplets expelled when we sneeze or cough. In order to prevent the spread of H1N1 flue and other germs on-campus, students should learn how to properly cover their sneeze and cough. The Centers for Disease Control recommends that individuals sneeze and cough into their sleeve rather than their hands. Sneezing or coughing into your hands can spread the H1N1 virus to any object or surface you touch thereafter. For more on "The Story Behind the Sleeve," visit http://www.youtube.com/watch?v=SpPA73SZJYE&feature=related.

Source: http://www.cdc.gov/flu/protect/covercough.htm



Vitamin C you later...

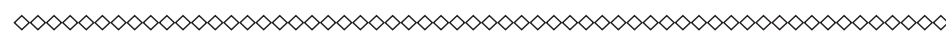
Taking a vitamin C supplement may curb a cold's severity and duration, but if you want to prevent getting sick altogether, increase your intake of anti-oxidants and vitamin B-6 (found in bananas, avocados, and dark-green leafy vegetables). Minerals such as iron, selenium, copper and zinc (found in whole grains and cooked dried beans and peas), can also boost immunity.

Source: http://www.msnbc.msn.com/id/22635662/



Who is at Risk?

The H1N1 flu virus can affect any one of us at any given time. There are a few groups who are at a higher risk of contracting the virus than others. They include: pregnant women, adults with HIV, people with cardiovascular disease and diabetes, and adults and children with asthma. If you have any of these conditions visit the Centers for Disease Control's website at http://www.cdc.gov/h1n1flu/groups.htm for more information.



Apply for Spring Potty Mouth! Applications due 10/21 12pm Warren 404

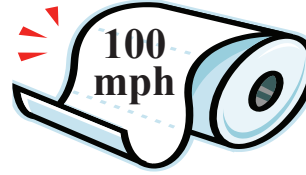
Email us with your ideas at: pottymouth@jmu.edu

Potty Mouth is brought to you by the University Health Center's Student Wellness and Outreach and the Potty Mouth staff. For more information regarding SWO, call 568-2831 or visit www.jmu.edu/healthctr/swo.

Potty Mouth Staff: Ashley Smith (graduate assistant), Juli Mathews, Mandy Smoot, Larry Kim, Angela Saunders, Rachel Dozier, Dave Godfrey, Caitlin Hardgrove, Danielle Sandersen

POSTED WITH SPECIAL PERMISSION FROM UNIVERSITY INFORMATION

Potty Mouth by NUMBERS



the speed in which a sneeze can travel

Source: http://community.discovery.com/eve/forums/a/tpc/f/750191988/m/10119128201

I Think I Have Swine Flu

How do you know if you have the 2009 H1N1 flu virus infection, also called flu A (or swine flu)? The next time you or someone you know thinks they have swine flu, check to see if they match any of these tell-tale signs: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue.

Occasionally the symptoms include vomiting and diarrhea. In certain cases, victims of swine flu can have respiratory problems without a fever. For more information, visit http://www.cdc.gov/h1n1flu/guidance_homecare.htm.

??

Love. Peace. Swine.

If you've got the flu, the University Health Center recommends that you stay at home or in your residence hall. Do not attend class or dining facilities where you could potentially infect others around you. Remain inside and away from others until your fever has subsided for longer than 24 hours without medication. If you have chest pain at any time, difficulty breathing (not caused by nasal congestion), or neck pain/stiffness when moving your head forward you should seek health care immediately. For more Self-Care Guidelines, visit http://www.jmu.edu/healthctr/CHI/selfcare.shtml .



MO' SWINE, MO' PROBLEMS!

H1N1 flu, much like the seasonal flu, spreads from person to person through sneezing and coughing. To keep yourself and others swine-free this year, remember to cough or sneeze into your sleeve or a tissue, wash your hands regularly with soap and water, do not share drinks (that includes alcohol!), avoid touching your eyes, nose, or mouth, and avoid close contact with sick individuals. For more information, visit http://www.cdc.gov/h1n1flu/qa.htm. Because "Mo'Swine," means "Mo' Problems!"

Help Me Please, Swine is not a Tease

You should get medical care right away if you have difficulty breathing or shortness of breath, pain or pressure in your chest or abdomen, sudden dizziness, confusion, or severe or persistent vomiting. Remember that the emergency room should be used only if you are very sick and are experiencing these warning signs of flu sickness. Keep in mind that if you go to the emergency room and you are not sick with the flu, there is a chance you may catch it from people there who actually have it.

Source: http://www.cdc.gov/h1n1flu/guidance_homecare.htm

Kiss me, I'm Vaccinated!

Considering the flu shot this flu season? The "flu shot" is a vaccine containing the inactivated flu virus that is often administered through a needle to the arm. If you are not a huge fan of needles, the nasal-spray flu vaccine may be a better option. (Nasal-spray is not offered at JMU). This version is administered through a mist into the nose, and contains the live weakened flu virus, however it has not been approved for pregnant women. The 2009 H1N1 flu vaccine will soon be available to provide protection against the "Swine Flu". Both vaccinations can be administered on the same day. Come out and get your seasonal flu shot on Oct. 23rd at the Convocation Center from 10am to 8pm for only \$25 (students and emeriti) and \$15 (faculty and staff). H1N1 vaccine dates coming soon, visit http://www.jmu.edu/healthctr for up to date information.

Source: http://www.cdc.gov/FLU/protect/keyfacts.htm

UPCOMING EVENTS

- 10/19 Health and Wellness Fair, Festival Ballroom, 6 p.m.
10/22 Late Night Breakfast, Festival, 10 p.m.-12 p.m.
10/23 Seasonal FLU Vaccine Clinic, Convo Center, 10 a.m.-8 p.m.
10/23 Body Groove, Festival Ballroom, 7:30-9 p.m.
10/28 Brown Bag Lunch, Dating Violence, Taylor 306, 12-1 p.m.