

HOW TO AVOID GETTING SICK IN COLLEGE

COLLEGE IS AN EXCITING TIME! YOU GET TO LIVE ON CAMPUS IN ONE OF THE MANY DORMS, GO OUT EVERY WEEKEND AND MEET A TON OF NEW PEOPLE.

DUE TO YOU LIVING IN A BRAND NEW PLACE, HANGING OUT WITH BRAND NEW PEOPLE, YOU ARE DESTINED TO COME IN CONTACT WITH BRAND NEW GERMS.

WHEN COLD WEATHER HITS, ALL IT TAKES IS SOMEONE ON YOUR FLOOR COMING DOWN WITH A COLD AND BEFORE YOU KNOW IT, THE WHOLE FLOOR HAS IT.

THIS CAN EASILY GO AROUND BECAUSE OF THE SMALL COMPACT LIVING CONDITIONS AND SHARED AMENITIES SUCH AS THE BATHROOMS, THE COMPUTER LABS AND KITCHENS.

BUT FEAR NOT, HERE ARE SOME TIPS ON HOW TO STEER CLEAR OF SICKNESS!

BEFORE YOU GET SICK

Stock Up! Keep over-the-counter medications and some easy-to-prepare snacks or warm drinks in your room. Stock up on soups or noodles that only require hot water.

Know Your Options! Get acquainted with the health and medical services on campus and in town. Many colleges health centers have nurses and physicians for extended hours and pharmacies on campus. Look online for hours and listings of local walk-in clinics, pharmacies and emergency rooms. Some health centers have call-in lines for speaking to a nurse and getting medical advice.

Get Vaccinated! One of the most important actions you can take in order to protect yourself from getting sick is getting your vaccines. Many student health services offer flu shots either free or at a reduced rate. You can also walk into an urgent care clinic or drugstore, where shots are often free.

Wash Your Hands, Whenever, and Wherever! Washing your hands is by far the most important precaution for preventing the spread of all the germs that are going around you.

ALWAYS COVER YOUR MOUTH



Leaving your mouth exposed when you sneeze or cough will contaminate the things around you; it will spread germs.

Covering your mouth/nasal area is just another way to prevent the spread of a nasty virus.

VITAMINS



I know this seems pretty obvious, but listen to your mom when she calls every day asking if you've taken your vitamins.

ALWAYS CARRY COUGH DROPS



You don't want to be the person in your lecture that's coughing up a lung in the back row. So always carry a bag of cough drops with you.

STAY HYDRATED & EAT WELL



It's easy to curl up with your favorite comfort food/drink when you're feeling sick; but that will only hinder your healing process. Your body will be trying to digest the upsetting foods you've consumed in addition to fighting off your never-ending virus; it will only make your body work even more. Eating fruits and veggies and hydrating 24/7 with water will make your body stronger.

DRINK TEA INSTEAD OF COFFEE



Too much coffee can suppress your immune system's effectiveness, so maybe next time you get that caffeine itch, drink a healthier alternative like green tea.

GOOD HYGIENE



Not keeping the dorm/apartment clean is one of the biggest reasons that so many college students get sick each year. When your roommates and friends get sick, be particularly careful about the contact you have with them and with any objects or surfaces they may have touched. Don't share food, drinks or towels, and wipe down counters or items in the bathroom or kitchen that you and they touch frequently with a disinfectant.

STAY IN & RELAX



I know there can be a ton of pressure in college but if you're starting to feel sick, do yourself and everyone a favor and don't go out. Not only will it make you feel worse, you'll probably get other people sick too.

GET SOME EXTRA SLEEP



Getting extra sleep in your insanely busy day may seem difficult, but it's necessary and it will definitely help. Sleep not only gives your brain, but also your body, time to rest. Help your body build the strength it needs to fight off the sickness by giving your body the sleep it deserves.

DO SOME LIGHT EXERCISE



It's important to get your body moving again as your virus starts to wind down. Do some light exercise like walking, biking or yoga; it will make your body feel refreshed and rejuvenated.

THINK POSITIVE



With all the work that comes with school, homework, relationships, and jobs it's incredibly hard not to feel bad for yourself at times- and that's okay. But if you take care of your mind, your body will take care of itself. Always remember, mind over matter!