



OHIO NORTHERN UNIVERSITY

HEALTH NEWSLETTER

OCTOBER 2008: Cold, Flu & Allergy Season

It's that time of year again that our immune systems kick into overdrive to keep our bodies healthy as we go about our daily lives. According to the Center for Disease Control approximately 5 to 20% of the population gets influenza each year. More than 35 million Americans suffer from hay fever, while many of us battle multiple and seemingly endless colds during each year.

The following table is a quick reference for the three nuisances of the season that will help you become more acquainted with what's ailing you.

PLEASE REMEMBER: If you do get sick this year, the Health Center is available to help!

	COLD	INFLUENZA	ALLERGIES / HAYFEVER
Causes	Viral Infection	Viral infection	Body releases histamines in response to triggers
Mode of Transmission	Person to person contact after coughing/sneezing	Person to person with coughing/sneezing	Airborne exposure to mold spores/pollen grains
Common Symptoms	Moist cough Scratchy/sore throat Runny/stuffy nose Sneezing, watery eyes Achiness, Tired feeling	High Fever Headache, Muscle aches Extreme fatigue Dry cough, sore throat Runny/stuffy nose	Sneezing Coughing Itchy throat watery eyes
Duration	1 to 2 weeks	3 to 7 days to recover Tiredness may last longer	Weeks to months
Treatment Contact Health Center for Suggestions	<ul style="list-style-type: none"> ◇ REST & DRINK PLENTY OF FLUIDS ◇ Acetaminophen or Ibuprofen to reduce fever, headache & muscle aches ◇ Decongestant to relieve congestion ◇ Cough Suppressant ◇ Antihistamine for runny noses 		Antihistamines See doctor if symptoms worsen

Helpful tips for allergy sufferers include:

- ◇ Avoid outdoor activities during peak pollen hours 10 AM to 4 PM
- ◇ Shower after outdoor activities to wash pollen from skin & hair
- ◇ Check the daily pollen count & plan your day accordingly...National Allergy Bureau website www.aaaai.org/nab

THREE IMPORTANT THINGS YOU CAN DO TO STAY HEALTHY THIS YEAR:

- ◇ *WASH YOUR HANDS thoroughly*
- ◇ *COVER YOUR MOUTH/NOSE when you cough or sneeze*
- ◇ Use antibacterial gel frequently throughout the day

