

Flu Prevention

Provided By:



What is the flu?

Flu or influenza is a viral infection in the nose, throat and lungs. The flu virus is spread mainly from person to person through coughing and sneezing from an infected person. The flu can also be spread by touching something with the flu virus on it and then touching your eyes, nose or mouth. According to the CDC, most individuals are able to pass the virus on to others one day before symptoms appear and up to five days after becoming sick.

Symptoms of flu include:

- Fever (equal to or greater than 100 degrees Fahrenheit) or
- Chills
- Cough or sore throat

In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

To protect yourself, take everyday precautions:

- Get the flu shot
- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you

use it

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective
- Don't touch your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with sick people
- Stay home if you are sick for 7 days after your symptoms begin, or until you have been symptom free for 24 hours. This is to keep from infecting others and spreading the virus further
- Try not to use co-workers office equipment, including telephones, keyboards and cell phones as viruses can be transmitted through objects.

Who should get the vaccine?

- Everyone 6 months of age and older who does not have any contraindications
- Pregnant women
- People who have chronic illnesses such as asthma and diabetes
- People who live with or care for people at high risk of developing flu-related complications

Visit the CDC website at www.cdc.gov/flu/ for more information.

Be ready for flu season! See Page 3 on *Cold and Flu on the Rise? How to Prepare*

What's Going On!

Visit TSW through your [Academica](#) account where you can find August's Educational Wellness Events

- > Check out the August Fitness classes featuring Cardio Kickboxing & Body Weight Workout with MHRFC instructors
- > Sign up for a one-on-one appointment with our Wellness Warriors Nutritionist, Debbie Cavender
- > [WSU Farmers Market](#) featuring free community yoga classes sponsored by Yoga Shelter Midtown Detroit: [Flyer Here](#)

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It is not too late to join the cycling event of the year!

Last Day of registration is August 18th

Join the president and more than 1,000 visitors. The urban cycling event starts on the WSU Campus. Visit: <http://baroudeur.wayne.edu/>

BAROUDEUR



Natural Remedies for Hay Fever and Other Allergies

By: Debbie Cavender, RDN and Your Wellness Warriors Nutritionists!

Sneezy, stuffy or runny nose.... Red and watery eyes.... sore throat, skin rashes Acute asthma attacks

In people prone to allergies, their immune system misinterprets a normally non-harmful substance (such as pollen, grass, mold, detergent, animal dander, dust, food etc.) and responds to this perceived threat by producing a large amount of antibodies or proteins that defend the body against disease. These

antibodies will attach to certain cells in the tissues and blood and release powerful chemicals, called histamines, that circulate throughout the body triggering the allergy symptoms. An excess accumulation of mucus in the body, stress, and generally depressed immune system may also contribute to allergic reactions.

Some natural remedies may include:

- Diet- eliminate from your diet mucus forming foods such as dairy, fried and processed foods, refined sugars, and food additives. Base your meals on whole grains, fresh fruits and vegetables, cold pressed oils, raw seeds and nuts.
- Stay hydrated! Water. Water. Water.
- Vitamin C – High doses have antihistaminic properties. Unfortunately taking high amounts of Vitamin C can be a challenge for individuals who have a sensitive or compromised digestive system. Look for buffered Vitamin C powder.
- Honey – local raw honey helps build up the immune system. Have a teaspoon with a glass of water daily. Remember that “local” and “raw” are key.
- Minerals – taking a “pinch” of sea salt (natural trace minerals) with lemon in 10 – 20 oz of water helps relax the nervous system and fight against the stress caused by allergies.



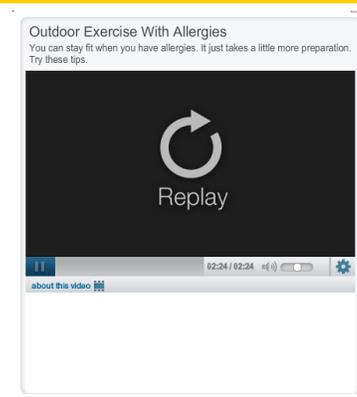
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Outdoor Exercise With Allergies

Source: WebMD (<http://www.webmd.com/allergies/allergy-relief-10/default.htm?video=2>)

“You can stay fit when you have allergies. It just takes a little more preparation” (See Above for Source)

Click on the video to the right to find tips in staying active outside with allergies. (Requires Flash Player)



Allergy Relief Tips Wherever You Go

Myths and Facts About Seasonal Allergies Source: WebMD

Desert Climates Cure Allergies

Myth. Don't pick up and move to escape your allergies. Grass and ragweed pollens are found nearly everywhere. Changing climates may curb your allergies, but it could be short-lived. Not long after your move, you may start reacting to the allergens in your new environment.

Flowers Commonly Trigger Allergies

Myth. Very few people have allergic reactions to a bouquet of beautiful blossoms. The pollens made by trees, grasses, and weeds is usually to blame.

There's No Pollen at the Beach

Myth. Beaches can be nice vacation spots for people with allergies. They generally have lower pollen counts. But even a short drive or walk away from the sand will expose you. Grasses are common near beaches, and ragweed pollen can be found as far as 400 miles out to sea.

Pollen Counts Can Predict Bad Days

Fact. Pollen counts determine how many grains of pollen are measured in a specific amount of air over a period of time. A high count means you're more likely to have symptoms when you go outside. You can check your local pollen count with the WebMD pollen counter (<http://www.webmd.com/allergies/healthtool-pollen-counter-calculator>). It can help you plan your day.

Local Honey Can Fight Off Allergies

Myth. Some people believe local honey is a natural remedy for pollen allergies. But most allergies are not brought on by the pollen found in honey – and that means eating it won't help you build up your immunity. So, enjoy its sweet taste, but local honey won't give you allergy relief.

You Will Outgrow Your Allergies

Myth. When it comes to allergies, most kids won't outgrow them -- especially hay fever (allergic rhinitis). A hospital in Sweden tracked 82 people with hay fever and found 99% still had it 12 years later. But 39% did report improvement.

Rain Washes Away Pollen

Fact. Pollen levels can be affected by temperature, time of day, humidity, and rain. The best days for people with allergies to go outdoors are those right after heavy rains. Pollen counts run lowest on chilly, soggy days. They tend to run highest between 10 a.m. and 4 p.m., especially on

hot, dry, and windy days. If you want to go outdoors, try to wait until the late afternoon.

Mold Allergies Strike Only Indoors

Myth. Mold spores can be found almost anywhere. They grow on soil, decaying leaves, and rotting wood -- especially in damp weather. You're most likely to have an allergic reaction to mold in the summer. Most outdoor molds aren't active in the winter. When spring comes around, molds grow on plants that died in the cold weather.

Hay Fever Comes From Hay

Myth. Don't let the name fool you. Hay fever isn't a fever, and it doesn't come from hay. It's caused by tree, grass, and weed pollens, as well as mold spores. If you have allergies, you may be more likely to have a reaction in a rural area. But some studies show that children who grow up on farms are less likely to develop allergies.

No Childhood Allergies? No Worries

Myth. Allergies often begin in childhood. But you can develop allergies as an adult, too. Some come on after you change your environment and encounter new allergens. And even if you think you've overcome a childhood allergy, some people develop symptoms again as adults.

Regular Injections Can Ease Allergies

Fact. While there are no cures for allergies, allergy shots -- also known as immunotherapy -- are the closest thing. If you have bad allergies or reactions to many different allergens, you might benefit from this treatment. For some people, regular injections greatly reduce their reaction to certain allergens. If you go that route, you'll have to stick with the treatment plan to see the greatest results.

Source: WebMD (<http://www.webmd.com/allergies/allergy-relief-10/slideshow-allergy-myths-facts>)



Photo Credit: http://img.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/articles/health_tools/allergy_myths_and_facts_benadryl_slideshow/getty_rf_photo_of_senior_woman_sneezing_on_beach.jpg

Cold and Flu on the Rise?

How to Prepare *Source: WebMD*

(<http://symptoms.webmd.com/cold-and-flu-map-tool/get-ready-cold-flu-season>)

Maybe your daughter got off the bus looking pale and feverish. Or maybe you feel a scratchy throat and a stuffy nose coming on. Whatever the symptoms, you expect a lot of sniffles and coughs this week. Before the virus knocks you and your family out, try these tips to prepare for colds and flu. If you're lucky, they may also prevent at least some of your family from getting sick.

Stock up on supplies. Be ready before cold and flu season starts. Load up on tissues, hand soap, hand sanitizer, and paper towels. Consider picking up a few distractions in case your kids get sick, like puzzles, coloring books, or DVDs.

Check your medicine cabinet. Make sure it contains pain relievers, fever reducers, and any other medications you use when your family is fighting colds or flu, like decongestants or cough syrups. Test your thermometer to make sure the batteries still work. Clean your humidifier.

Be strict about washing hands. Germy hands spread colds and the flu. Tell your family to scrub their hands well with soap for 20 seconds. Tell kids to wash for as long as it takes to sing "Happy Birthday" twice. Make sure you do it, too!

Set up sanitizer stations. Put a bottle of hand sanitizer in every room. Make sure it's at least 60% alcohol. Use a squirt as you pass by -- and get everyone else to do the same.

Plan for sick days. You may need some days off. Even if you don't get sick, you may need to take care of your sick kids. Start thinking about it now: What's your office policy for sick days? Will you have to take unpaid days off?

Line up support. You may need outside help. See if any family members can watch the kids if they're home sick from school. Or ask a neighbor if they can take the kids to soccer and dance if you're laid up in bed.

Disinfect. You don't need to spend all day spraying every surface with disinfectant. You may just want to disinfect some heavily touched items -- like doorknobs, remote controls, and phones -- each day.

Switch to paper goods. If everyone's sick, use paper towels instead of hand towels in the bathroom. Switch out glasses for paper cups, and toss them after one use. You'll be less likely to swap germs.

Fill the fridge and pantry. Stock up on some easy-to-make foods for lunches and dinners, in case you need a few days to rest and recover without cooking. Have some favorite drinks and snacks on hand for your kids. Include some (healthy) comfort foods like chicken soup and PB&J.

Rest. Whether you're trying to recover from a cold or flu, or trying to avoid it, get plenty of sleep. Get your kids to bed on time, too.

Get your flu shot. One of the best ways to help keep the flu away from your house is to make sure your whole family gets vaccinated. It can save your household a lot of sick days and misery.

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Featured Webinar with Zonya Foco!

Provided By:

 Worksite Wellness

This webinar features Zonya Foco R.D., facilitator of the HAP Weight Wise Program.

In the "**Eating for Immunity**" webinar, Zonya will teach you which foods to include in your diet, and which to avoid to keep your immune system finely-tuned!

View the webinar here. Access the webinar by clicking the image below:



Promote the health and well being of students at Wayne State University. Refer them to the [Campus Health Center](#).

The **Campus Health Center** provides health care services to prevent and treat common physical illness. Helps the students stay healthy to help the, attain their educational and personal goals. **Sponsored through the Campus Health Center is the monthly health and wellness student newsletter: (requires flash player)**

