

## Alumni Blog - December 2024

### Cold and Flu Season is Among Us!



It's the most wonderful time of the year - cold and flu season! We all get sick from time to time whether it's seasonal allergies, the flu, or the stomach bug. When you get sick in college, it can be even more challenging. You have to think about missing classes, making up work, and skipping time with friends. If your parents usually bring you medicine, soup, and Gatorade, you may struggle with them not being able to. Sickness can knock you down for a little while, but it's important to know what to do to get yourself back up and running again.

#### **HYDRATE**



Make sure that you are drinking plenty of fluids. It is much harder for your body to fight off an illness if you are dehydrated. Gatorade and Liquid IV are great for hydrating your body, plus, they have electrolytes and nutrients! If you're having a sore

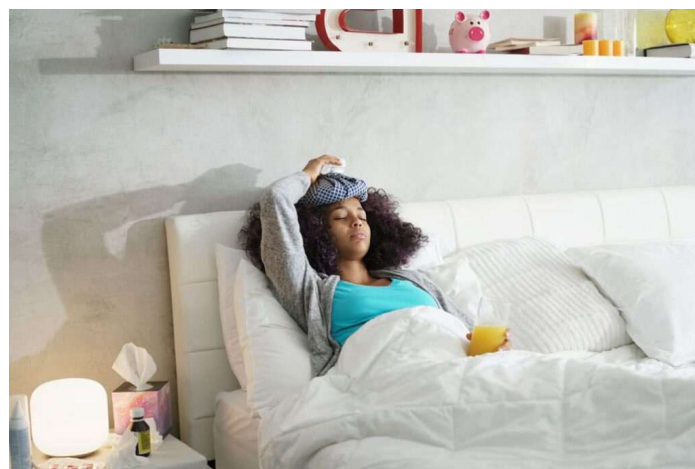
throat, you can try adding lemon and honey to warm water to soothe the pain. A good herbal tea will help a sore throat, too. No matter which method you choose, make sure to keep yourself good and hydrated!

## **WHAT TO EAT**



If you do not have much of an appetite, it is very tempting to sit back and eat a sleeve of saltine crackers for dinner. Much like staying hydrated, it is hard for your body to fight off an illness if it does not have the proper fuel. Go for a good chicken noodle soup with vegetables, protein, and broth to help flush out all of the sickness. It is very comforting and will also help soothe a sore throat! Just make sure you are eating something to nourish your body. Try to stay away from fatty and fried foods as they can upset your stomach.

## **REST**



When you start getting sick, it is important to get plenty of rest. Your body needs time to fully recover from fighting off any sickness. Your professors are usually very understanding and will give you a grace period to turn in any assignments that you

may have missed while you were feeling under the weather. If you are staying home and resting, you cannot spread around your germs and get other people sick. If you have roommates, try to disinfect common areas with Lysol if you have to use them to prevent spreading your germs.

### **PREPARE A "SICK-KIT" IN ADVANCE**



Before you even come down with a sickness, try to stock up on some items for your "sick-kit" for when the inevitable happens. Grab a thermometer, some cough drops, cold and flu medicine, ibuprofen, acetaminophen, Vick's VapoRub, and maybe even some multivitamins to put in your kit. If you go ahead and start making a kit, you won't have to drag yourself to the store to get all of the essentials when you are feeling at your worst. You will already have it on hand!

### **GO TO THE DOCTOR**



You of course know yourself the best, so you will know when you need to go to the doctor. You have a high fever that just will not come down with any fever reducer, you have been very sick for several days without any improvement, or maybe you're

getting worse quickly. You might have a sickness that requires an antibiotic that you of course cannot get over the counter. Doctors can prescribe the best medicines and treatments to get you on the right track to feeling better. Don't hesitate to go to the doctor if you start taking a turn for the worst.

**Hopefully you can escape the sickness this winter!**