Know the Difference Between the COLD and the FLU!

When you are sneezing, coughing, and have achy muscles, how do you know whether you have cold symptoms or the flu? It is very important to know the difference between the cold and flu symptoms. The cold is a milder respiratory illness than the flu and the flu can make you feel ill from a few days to weeks. Having the flu can also lead to health problems such as pneumonia and hospitalizations.

Cold Symptoms: Sore throat, nasal symptoms (runny nose, congestion, coughing), slight fever, headache. These symptoms last about a week. If cold symptoms do not improve after a week, you may have a bacterial infection and it is recommended to seek medical help.

>> During the first 3 days of a cold, you are contagious! <<
Flu Symptoms (more severe than a cold): Sore throat and runny nose, fever, headache, muscle aches and soreness, congestion and coughing, extreme fatigue/weakness.

What to do to treat your cold and flu symptoms:
1. Get rest.
2. Drink plenty of fluids.
3. Avoid contact with other people.
4. Take a trip to MU Health Services to get your symptoms checked.

Sources: www.millersville.com and www.millersville.edu/healthservices

Be SMART and Know Your Heart

Heart disease has been the number one cause of death in both men and men in the United States. It is an equal opportunity killer and has claimed approximately 1 million lives annually. When you get smart about your heart early on it can give you ahead of the curve. According to Richard Stein, M.D., a cardiologist and professor of medicine at New York University School of Medicine, “the things you do and don’t do are tell-tale signs of how long and how well you are going to live.” Here are some things you can do early on to prevent heart disease from occurring:

1. Find a regular doctor and have regular wellness exams. Healthy people need doctors, too. Establishing a relationship with a physician means you can start heart-health screenings now. Talk to your doctor about your diet, lifestyle and checking your blood pressure, cholesterol, heart rate, blood sugar and body mass index.

2. Be physically active. It’s a lot easier to be active and stay active if you start at a young age. “If you’re accustomed to physical activity, you’ll naturally want to keep it up,” said. Keep your workout routine interesting by mixing it up and finding new motivators.

3. Don’t smoke and avoid secondhand smoke. If you pick up smoking as a teen, it’s time to quit smoking. Even exposure to secondhand smoke poses a serious health hazard.

Sources: http://www.theheartfoundation.org/heart-disease-facts/heart-disease-statistics/
http://www.heart.org/HEARTORG/GettingHealthy/PreventingHeartDisease---InAnyAge_UCM_424325_Article.jsp?µnId=572

MU Sexual Violence Website: www.millersville.edu/sexualviolence