

Did You Know?

How to avoid illness in college

College students are more at risk of getting an illness than the average American citizen. Going to class each day and living in dorm-style accommodations with thousands of other students makes it easy to understand why you have a greater chance of catching a cold. There are several illnesses that have a higher rate of occurrence in colleges, as well as other sicknesses that can have detrimental effects on a college student's health as well as their academics.

- **The most serious illness is Meningitis. This comes in two forms, viral meningitis and bacterial meningitis. Viral meningitis can be recovered from; however bacterial meningitis has no cure. Although it is not required, doctors suggest that all students get the meningitis vaccination before entering college.**
- **43.4% of college students surveyed mentioned allergy problems as their top health issue. When coming to a new environment, people can come into contact with things they might never have been exposed to at home. This can lead to severe allergies for some people. Many over the counter medicines can treat mild allergies and are available at drugstores such as CVS and Brookes Pharmacy. If symptoms worsen you should see your family Doctor.**
- **28.3% of college students mentioned sinus infections as their top health issue. Before going to the Doctor you can try buying nose spray or over the counter decongestants, taking two hot showers a day, or placing a warm cloth over your sinus areas when your feeling stuffy. If symptoms increase go to the nearest clinic and ask for an antibiotic.**
- **8.7% of college students mentioned asthma as a major health problem when entering college. Students should schedule a visit with their allergist to review allergy skin test results, asthma triggers, and to prepare an Asthma Action Plan. This way they can avoid having health problems while trying to study and go to daily classes. Students with asthma should also keep an inhaler with them at all times just in case any unexpected attacks occur.**

This was brought to you by the Resource/Referral program at EWC as part of a bi-weekly awareness project. R/R is located in the basement of Wilder Hall or you can reach us at 545-0883.