

A publication of the Student Health Advisory Council and the Student Health Service

UD STUDENT HEALTH SERVICE
• LAUREL HALL •

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- Appointments/Information.....831-2226
- Women's Health.....831-8035
- Sports Medicine.....831-2482
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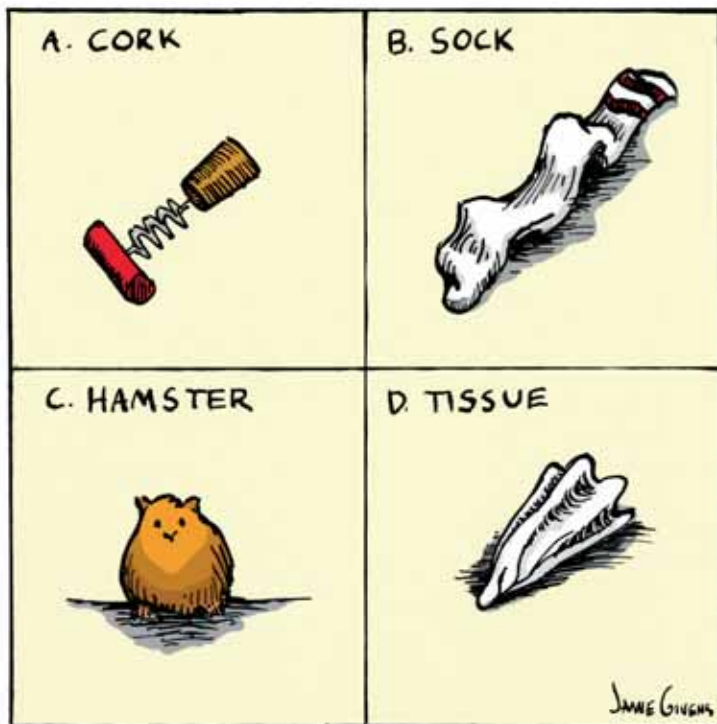
ATTENTION WINTER SESSION OVERSEAS TRAVELERS

Things to do now to stay healthy

If you will be traveling out the country during Winter Session, we advise you to schedule an appointment with the Student Health Service Travel Nurse Practitioner. She will meet with you and advise you of the travel shots that are recommended for the country to which you will be traveling. In some cases, multiple shots are recommended. Please call **831-2226** to schedule your Travel Visit, which is covered by your S.H.S. fees.

You will also need to schedule a separate appointment with the Immunization Nurse. There is a charge for each travel shot. Please call at least 2 months ahead of your departure date. Plan ahead! We want you to stay healthy during and after your travel abroad.

SMELL THIS OUT: NOSE BLEEDS



WHICH ITEM SHOULD YOU USE TO STOP A BLOODY NOSE?

decreasing nasal dryness and irritation in the following ways:

- 1 Place a small amount of petroleum jelly (Vaseline) to the inside of the nose twice a day.
- 2 Use saline nasal spray (e.g. Ocean Spray) as needed
- 3 Use a humidifier in a dry room at bedtime.

You can try these at-home procedures to help to stop the bleeding if you have a nosebleed:

- 1 Pinch and squeeze the soft part of the nose and hold compression for 10 minutes while breathing through your mouth.
- 2 Place a plug of cotton or tissue coated with petroleum jelly or antibiotic cream gently in the one nostril.
- 3 Bend forward while sitting up to allow blood to flow out of nostril.
- 4 Apply a cold compress to bridge of the nose.

Nosebleeds will become more common as the air gets colder and drier. Risks for nosebleeds include: a cold dry environment, trauma (i.e. nose picking), infections, allergies, foreign bodies in the nose, drugs (i.e. blood thinning medications, aspirin, pain medications and nose sprays), and diseases (i.e. bleeding disorder, hypertension).

If you have frequent nosebleeds especially during dry weather, you can decrease recurrences by

Call the Student Health Service if you are unable to stop a bleed with the at-home procedures or if it is your first nosebleed. Other options available at the Student Health Service are chemical or electrical cautery or nasal packing. On rare occasions the bleed is coming from far to the back of the nose. These types of bleeds are difficult to control and treat. They require prompt medical attention and evaluation by a specialist.



"SO, YOU FORGOT YOUR IMMUNIZATIONS?"
"YEAH, BUT I REMEMBERED MY HAIRDRYER!"

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Cold or flu? Check this out.

Both a cold and influenza, the “flu,” are infections that typically affect the respiratory tract. Because viruses, not bacteria, cause colds, an antibiotic can’t cure them. One of the best ways to help fight the common cold or the respiratory symptoms of the “flu” is by drinking plenty of fluids. The following list of symptoms will help you to decide whether you have a cold or the “flu.”

SIGNS & SYMPTOMS	COLD	FLU
Onset	Gradual	Sudden
Fever	Rare	Characteristic, high (over 101°F) lasting 3–4 days
Cough	Hacking	Nonproductive, can become severe
Headache	Rare	Prominent
Myalgia	Slight	Usual, often severe
Fatigue, Weakness	Very mild	Can last up to 2–3 weeks
Extreme exhaustion	Rare	Early and prominent
Chest Discomfort	Mild to moderate	Common
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes

Doctor, what is sinusitis?

Have you ever had a cold or allergy attack that won’t go away? If you answered yes, there is a strong possibility that you may have had sinusitis. Experts estimate that 37 million people each year are afflicted with sinusitis, making it one of the most common health conditions in America, resulting in nearly \$6 billion in health care costs annually.

Sinusitis is an inflammation (swelling) of the lining inside the sinuses — air-filled spaces in the bones that are around the eyes and behind the nose. When sinuses become blocked and fill with fluid, germs can grow, making you sick. Blocked sinuses can be caused by the common cold, allergies/hay fever, or nasal polyps (small bumps inside the nose). Some people experience symptoms occasionally while others have symptoms on an almost daily basis (chronic sinusitis).

The symptoms of sinusitis can include:

- Thick yellow or green stuff that runs from the nose or down the throat
- Unusual bad taste or bad breath
- Nasal stuffiness
- Face pain or pressure
- Cough
- Headache

- Toothache
- Fever and chills
- Tiredness or fatigue
- Swelling around the eyes or cheeks

To avoid developing sinusitis during a cold or allergy attack, keep your sinuses clear by:

- Gently blowing your nose, blocking one nostril while blowing through the other
- Using saline nasal sprays that moisturize the nasal cavity, reduce dryness, and help clear thick or crusty mucus
- Drinking plenty of fluids to keep nasal discharge thin
- Humidifying (moisturizing) the air of living spaces, especially during the winter when home heaters are in use

If you suffer from three or more of these symptoms or if your symptoms last for more than two weeks, you should see your doctor. Treatment for sinusitis may include antibiotic therapy, the use of prescription nasal sprays, and the use of over-the-counter saline nasal sprays. If your doctor prescribes antibiotic therapy, make sure you finish all of the medication prescribed, even if your symptoms are gone before the medication runs out.

Chilling news about Frostbite

The skin and underlying tissues can freeze when the body is exposed to cold temperatures. This is called frostbite. The most common sites for frostbite are the fingers, toes, ears, and the nose. Early signs and symptoms are numbness, tingling, and white coloration of the skin.

The risk of getting frostbite increases with colder weather, higher wind speed, dehydration, and when the skin becomes wet. The severity of frostbite increases with the length of cold exposure and is more likely to be worse if the body’s ability to sense and respond to frostbite is impaired such as with the use of alcohol. Wearing multiple layers of warm clothing including hats and gloves can prevent frostbite. It is important to stay well hydrated and notice symptoms early.

If frostbite occurs, any wet clothing should be removed, and the body part should be warmed gently against another part of the body without rubbing the affected body part as this can damage the skin. For example, place the affected hand underneath an armpit until it warms up. As the body part warms, there is usually pain and the skin can turn red.

It is important that frostbite does not occur again after warming because this will make the tissue injury much worse. You should contact your doctor if symptoms persist, if you get blisters, or if your skin turns a dark color.



Drive Dry in December (and the rest of the year)
National Drunk and Drugged Driving (3D) Prevention Month
 For more information go to www.3dmonth.org