

# Wofford's Chicken Soup

UNIVERSITY OF  
DELAWARE



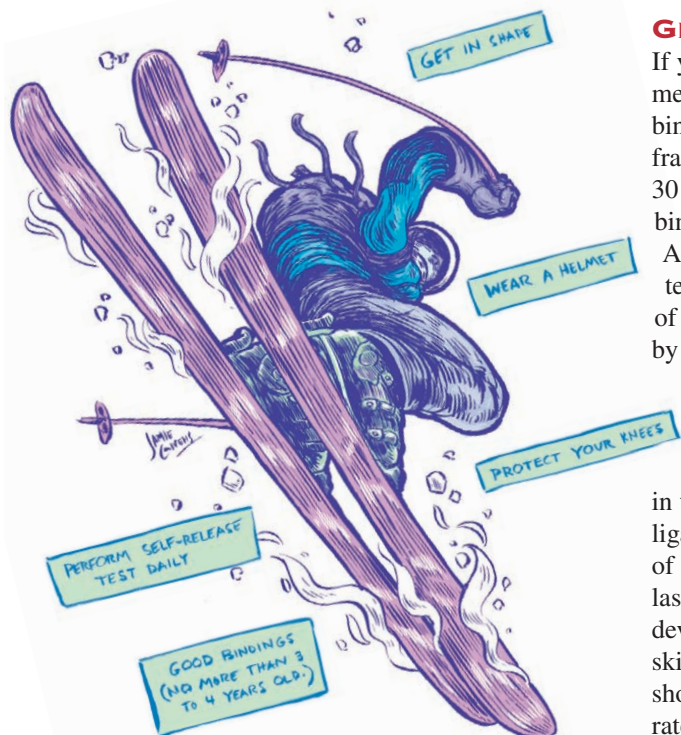
A publication of the Student Health Advisory Council and the Student Health Service

UD STUDENT HEALTH SERVICE  
• LAUREL HALL •

Campus Emergencies.....911  
Appointments/Information.....831-2226  
Women's Health.....831-8035  
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## Staying Healthy on the Slopes



### GET IN SHAPE

The better shape a skier is in, the less frequent the injuries. It's important, then, to prepare before the season. Warming up and stretching immediately before a day on the slopes is also an important step in preventing injuries. Studies of vacation skiers show that injuries are most likely to occur when a poorly conditioned skier is most vulnerable. The largest percentage of injuries occur either in the early morning when the skier is not warmed up or late in the day when fatigue is setting in.

### GEAR UP

If you have only have one piece of new equipment, it should be your ski bindings. Modern bindings have decreased the incidence of leg fractures by more than 80 percent over the past 30 years and continue to improve over time. Your bindings should be no more than 3-4 years old. Also, the binding release properties should be tested yearly by a certified ski shop. Each day of skiing, you should perform a self-release test by kicking out of your bindings.

### PROTECT YOUR KNEES

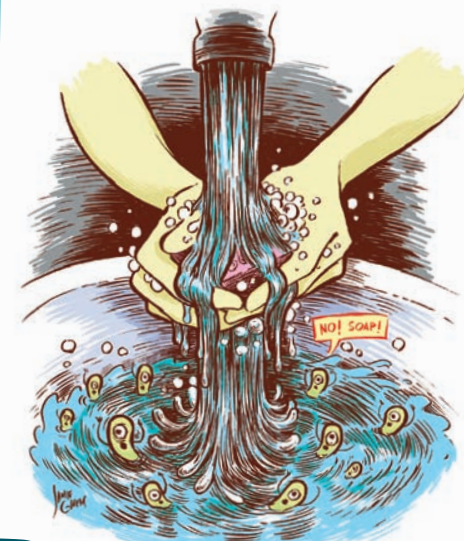
One of the most common injuries in skiing is an anterior cruciate ligament (ACL) tear in the knee. The ACL is a major stabilizing ligament of the knee. Experts say the incidence of ACL tear due to skiing has tripled over the last 20 years. Vermont Safety Research has developed a program to prevent ACL injuries in ski professionals. Their techniques have been shown to significantly reduce the ACL injury rate and are available on the Web at

[www.vermontskisafety.com](http://www.vermontskisafety.com).

### USE YOUR HEAD

Wear a helmet. Most serious bikers are wearing helmets these days and the same is becoming true of skiers. Head injuries are the most common cause of death from skiing collisions and many of these fatalities could have been prevented with helmet use.

Follow these common sense tips. Have a safe and enjoyable time skiing.



## BYE-BYE TO BACTERIA & GERMS

According to the Center for Disease Control and Prevention (CDC), the most important action that you can take to keep from getting sick is to wash your hands. Bacteria and viruses are picked up from other people, through contaminated water and food, from tainted surfaces, and from animals and animal waste. Washing your hands frequently for 20 seconds or longer washes away germs. When you forget to wash you hand or don't wash them properly, you can spread germs to other people or to yourself when you touch your eyes, mouth, nose and skin. When you touch surfaces in the classroom, library, grocery store, you can also pick up germs left by other people who may not be good hand washers.

Wash your hands after using the bathroom, blowing your nose or coughing, before eating, serving or preparing food, as well as after touching pets or other animals, after outdoor activities, before or after visiting anyone who is sick, and after changing diapers.

Preventing illness translates into having more energy to study, less time missed from school, and better grades! Carry hand sanitizer in your backpack or purse so that you can wash your hands even when you're not near soap and water. Here's to good health.

# 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.”

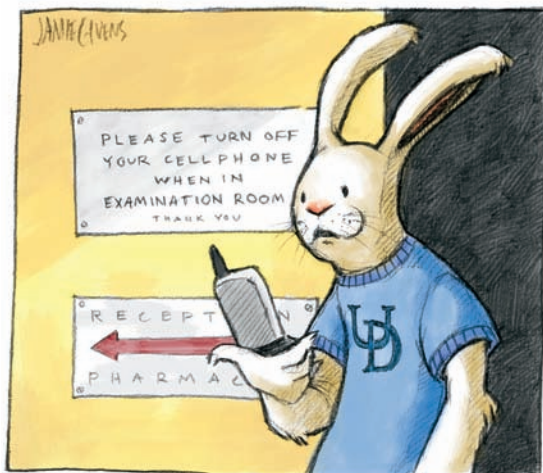
SIGNS & SYMPTOMS	COLD	FLU
Onset	Gradual	Sudden
Fever	Rare	Characteristic, high (over 101°F) lasting 3–4 days
Cough	Hacking	Nonproductive, can become severe
Headache	Rare	Prominent
Muscle Aches	Slight	Usual, often severe
Fatigue, Weakness	Very mild	Can last up to 2–3 weeks
Extreme Exhaustion	Rare	Early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

# Help us Help you!

The mission of the Student Health Service is to provide quality primary healthcare and education on healthy lifestyles to university students.

In order to optimize your visit to Student Health, please help our staff by doing the following:

- Bring your University ID to every visit.
- Bring your health insurance card and prescription plan card to every visit.



"THEN HOW AM I GOING TO KEEP MY FRIENDS UP TO DATE ON MY PHYSICAL?"

- Bring a list of the medications you take daily, including the name of the medication (with proper spelling), strength and dose.
- Be sure to wear clothing that will expose your area of injury or concern (i.e. loose shorts for a knee or hip injury, a loose shirt for inspection of chest/shoulder concerns or if lungs will be assessed with a stethoscope).
- Arrive at least 10 minutes before your scheduled appointment.
- Leave your personal cell phone number or other call back number when you sign-in for your appointment. This is a number where you can be reached directly.
- Remember that if you are 18 years of age or older, we are unable to speak with parents or outside providers about your health situation unless you sign a written release giving Student Health staff permission to do so.
- Refrain from using your cell phone while at Student Health. This protects your privacy and the privacy of others, and eliminates distractions to others.

These things, although seemingly inconsequential, will help the staff at Student Health to provide you with optimum service and care!!

# 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.



December 2–8 is National  
**HANDWASHING AWARENESS WEEK**