



# The BUZZ

August/September 2009

## H1N1 Flu and You

The Centers for Disease Control (CDC) has documented many cases of H1N1 flu in young, healthy adults ages 19-24.

Symptoms of H1N1 flu are like those of seasonal flu: fever (fever =  $\geq 100^{\circ}$  F), cough, sore throat, stuffy nose, body aches, headache, chills, and fatigue.

The CDC recommends that people with flu-like illness **STAY HOME** until they have been free of fever for 24 hours without the use of fever-reducing medications.

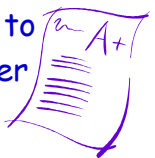
For the most up-to-date H1N1 flu information visit [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

## Student Health Affects Academic Performance



Results of the 2008 Minnesota College Student Health Survey indicate that students who reported being diagnosed with an acute physical or mental health condition within the previous 12 months had grade point averages nearly .10 lower than students who were not diagnosed with these conditions during the same time period. (Acute health conditions were listed as illnesses like strep throat, urinary tract infection, and sexually transmitted infection.) RCTC students who completed the survey reported that poor physical or mental health affected their daily activities an average of 2.7 of the 30 days prior to the survey.

These numbers all add up to this: Students need to be at their best physically and emotionally in order to do their best academically. At RCTC Student Health Services, we understand this and that's why we're here! We can help students with first aid and acute illness care, mental health screening, individualized health education and information, Mantoux (TB) testing, physical exams for academic and athletic programs, and referrals to community health care providers. We also offer programs and activities on a variety of health topics. Stay tuned to upcoming issues of *The Buzz* for more information on these.



Most visits to RCTC Health Services are free and all services are available to current RCTC and WSU-R students. A registered nurse is here daily and a nurse practitioner is available by appointment. We're located in HS 140, the first office as you enter Health Sciences. To schedule an appointment, call us at 507-285-7261 or email us at [HealthServices@rctc.roch.edu](mailto:HealthServices@rctc.roch.edu).

## August/September Happenings

### UCR Blood Drive

August 31 AT 302

Call 284-4475 for appointments

### Service Learning Information Fair

August 31 Atrium 11 AM - 1 PM

Explore service learning opportunities

### Constitution Day

September 17 Atrium & Hill Theatre

### Rochester AIDS Walk

Sept. 19 Silver Lake West Pavilion 5 PM

Registration forms available in HS 140

### Student Success Day

September 23 UCR

Meet with instructors and attend valuable information sessions

**"If we all did the things we are capable of doing, we would literally astound ourselves." ~ Thomas Alva Edison**