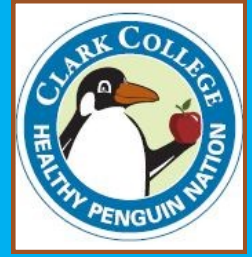


# Wellness News *for the*

## HEALTHY PENGUIN NATION



### December is "National Influenza Vaccination Month!"

For information and resources for living a healthier life visit [The Healthy Penguin Nation Website!](http://www.cdc.gov/flu/)

#### The Benefits of Influenza Vaccination

##### WHY VACCINATE?

Influenza or the "flu," is a serious disease that can lead to hospitalization and sometimes even death. Influenza easily spreads from one person to another. Flu season can begin as early as October and last as late as May in the United States. The best way to reduce your chances of becoming ill and spreading it to others is to get an annual flu vaccination.

##### BENEFITS OF VACCINATION

- Flu vaccination can keep you from getting sick and protects those around you from getting it.
- Flu vaccination helps protect those with greater risks of becoming seriously ill, like infants, children and older adults.
- If you do get sick, flu vaccinations may make your illness milder.
- Flu vaccinations can reduce the risk of more serious outcomes, such as hospitalization and death.
- Flu vaccination is an important prevention tool for people with chronic health conditions.
- Flu vaccination helps protect pregnant women and their babies for up to 6 months after they are born.
- Flu vaccinations have lowered the risk of flu related hospitalization in adults over 50 years of age by 61%.

Influenza vaccinations have been shown to be a safe and effective preventative tool in reducing the spread of and becoming sick from the virus. For more information and facts about Influenza, visit <http://www.cdc.gov/flu/>

## Did you wash them?



Hand washing prevents disease.

##### When?

- ◆ Before, during, and after preparing food
- ◆ Before eating food
- ◆ Before and after caring for someone that is sick
- ◆ Before or after treating a wound or cut
- ◆ After using the toilet
- ◆ After changing a diaper or helping a child use the toilet
- ◆ After blowing your nose, coughing or sneezing
- ◆ After touching an animal, animal feed, or animal waste
- ◆ After handling pet food or pet treats
- ◆ After handling garbage

##### How?

**WET** your hands with clean running water, turn off the tap, and apply soap. **LATHER** hands by rubbing them together. Be sure to get the backs, between fingers, and under nails. **SCRUB** your hands for at least 20 seconds. **RINSE** your hands well under clean running water. **DRY** your hands using a clean towel.

For more details on Handwashing, visit [www.cdc.gov/](http://www.cdc.gov/)

| CHARACTERISTICS     | INFLUENZA                  | COMMON COLD  |
|---------------------|----------------------------|--------------|
| ONSET OF SYMPTOMS   | SUDDEN                     | GRADUAL      |
| FEVER               | HIGH (100 - 105 Degrees F) | NONE OR MILD |
| MUSCLE ACHES        | SEVERE                     | USUALLY MILD |
| MALAISE/FATIGUE     | SEVERE                     | USUALLY MILD |
| SORE THROAT & COUGH | EARLY                      | MID-COURSE   |
| CHEST SYMPTOMS      | SUBSTERNAL BURNING         | MILD         |
| SNEEZING            | OCCASSIONAL                | COMMON       |
| DURATION            | 7- 10 DAYS                 | 3- 4 DAYS    |

### FLU SHOTS

*Clark College Counseling and Health Center*

*Health and Medical Services*

The Counseling & Health Center provides low-cost medical services such as physical or well-woman exams, immunizations, lab testing and wellness consultations to students and employees. They also offer free self-care items such as pain relievers, allergy and cold medicines and cough drops, available at the front office.

To schedule an appointment, please call or email:

**360-992-2614**      [chc@clark.edu](mailto:chc@clark.edu)

#### Hours of Operation

**Monday - Thursday**      8:00 a.m. to 5:00 p.m.  
**Friday**                      10:00 a.m. to 3:00 p.m.

### HEALTHY RECIPE OF THE MONTH

*This months featured recipe is for  
[Gingery Chicken Noodle Soup.](#)*

*Chicken soup may be one of the best medicines when you are sick. Soup made from chicken is high in carnosine, which has been shown to reduce and inhibit damage to the body from viruses, and ginger is a natural anti-inflammatory.*

*Do you have a healthy recipe you would like to share with the Healthy Penguin Nation? Send your favorite recipe to [kferguson@clark.edu](mailto:kferguson@clark.edu)*

### **Employee Assistance Program**

All staff and benefits-eligible faculty have access to a variety of health and wellness services through MHN, our Employee Assistance Program provider. For more information on the types of services available to you and your household members visit [Clark College EAP](#).

To read helpful articles and blog updates for living a healthy, happy, and well- balanced life, visit [MHN Member Pulse](#)



*The [Healthy Penguin Nation](#) Wellness Program is a college-wide initiative to create a culture of wellness that promotes and supports healthy lifestyle practices across the college community. The program strives to engage, educate and empower the Clark College Community in healthy behaviors through developing, implementing and supporting a wide range of wellness activities based on solid research and best practices.*