

SUNY MARITIME COLLEGE HEALTH NEWS

COLLEGE HEALTH JOURNAL



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COVID-19 Update

BY NURSE BROOKE RAVENEL

Ways to Protect Yourself and Others

- Wash your hands with soap and water for a period not less than 20 seconds
 - Scrub between fingers, underneath nails and lather the back of your hands.
- Practice Social Distancing
 - Stay 6 ft from the next person
 - Go into the community only when necessary and practice the 6ft rule if possible,
- Limit Travel
 - Travel is not recommended at this time



Who to Protect

BY NURSE BROOKE RAVENEL

PROTECT YOUR ELDERLY

I know that for many of us, visiting grandparents and other elderly relatives are a part of life - they teach us lessons and give us wisdom. You may not be able to visit, but you can still communicate by phone, email and FaceTime. Honestly, our elders may just prefer that we communicate with them their way, the "old fashioned" way of writing a lovely letter.

PROTECT THE IMMUNOCOMPROMISED

A person is immunocompromised when their immune system is incapable of working at full capacity, making it more difficult to fend off viruses & infections.

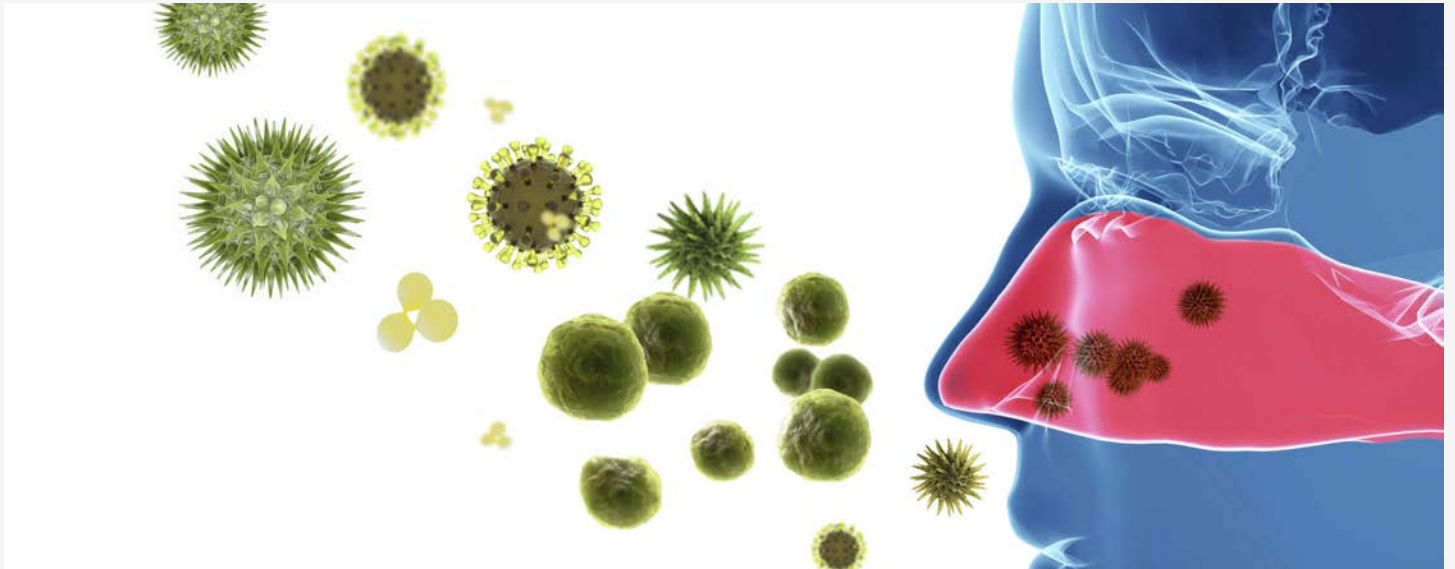
Examples include persons with:

- Cancer or undergoing cancer treatment
- HIV/AIDS
- Diabetes
- Asthma
- Congestive Heart Failure

"Good health and good sense are two of life's greatest blessings."

-Publilius Syrus





Allergy Season

(Spring has arrived... and so have seasonal allergies)

BY NURSE BROOKE RAVENEL

CAUSES

- Tree pollen "trees bounce back to life" and release pollen into the air.
- Mold lives in damp environments (indoor or outdoor)
 - Thrives in places like basements & bathrooms.
- Dust Mites
 - The most common indoor allergen
 - Can be found in bedding, carpets & furniture.

ALLERGY SYMPTOMS

- Nasal Congestion (most common) "stuffy nose"
- Sneezing
- Itchy, watery eyes
- Itchy nose
- Runny Nose
- Cough

ALLERGY TIPS

- Spring cleaning of your house while you're home for the start of spring. Please wear a mask or some type of covering for your nose and mouth!!
- Dust before you vacuum
 - Dust from top to bottom to ensure any fallen dust hits the floor.
 - Fallen dust can be vacuumed from the floor.
 - Damp cloths catch more dust than dry cloths.





KNOW THE SYMPTOMS

COVID-19, SEASONAL ALLERGIES AND FLU

Allergies vs Virus

BY NURSE BROOKE RAVENEL

ALLERGY SIGNS & SYMPTOMS

Since we can't get rid of allergens completely, it's important to treat your allergy symptoms daily. You can treat your allergy symptoms with over the counter medication. Over the counter (OTC) can be generic or brand name medications that are antihistamines (May cause drowsiness).

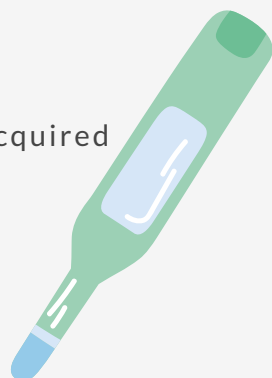
Examples include:

- Benadryl
- Zyrtec
- Allegra
- Claritin



Since most seasonal allergies mirror colds, it's important to contact your primary care physician (PCP) or seek advice if:

- Your usual OTC medication is not working.
- Usual symptoms are accompanied by:
 - Fever
 - Sore Throat
 - Headaches or
 - Any other newly acquired symptoms.



COVID-19 SIGNS & SYMPTOMS

According to the CDC, symptoms include:

- Fever
- Cough and
- Shortness of breath

Symptoms may appear 2-14 days after exposure.

The CDC advises to seek medical attention immediately if you or someone you know develops the following warning signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

You should consult your medical care provider for any other symptoms that are severe or concerning.

STAY WELL... MIND,
BODY & SOUL.