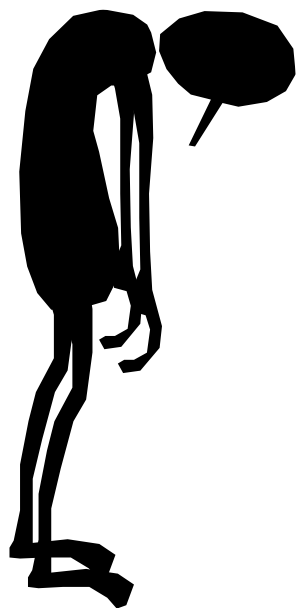


Respiratory Illnesses

This is coming way tooooooo early to suit me!

The reports I am receiving from the state and the county health departments is full of GLOOM and DOOM!



Respiratory illnesses are hitting the state way to early and the numbers ill are already staggering.

Protecting yourself is essential. The prediction is for a bad winter for respiratory illness.

So here we go.....

1. **WASH YOUR HANDS, WASH YOUR HANDS, WASH YOUR HANDS!** This is the best and essential way to protect yourself.
2. Keep those fingers off your face. We are placing all those nasty little germs we pick up from our phones, computers, handrails, desk tops and papers students hand in---just to name a few....right into dark, warm, moist environment conducive to growth when we rub our nose, mouth and eyes. So **STOP** already!
3. Don't share drinks or food.
4. Sneeze and cough into your elbow.
5. If you have not gotten a flu shot.....think about it. Even though reports are out that this year's serum does not fully match the viruses present, it still provides protection. I still have some serum left. Cost...\$15.00. This is lots cheaper than buying lots of cold meds or worse yet, needing to miss several days of work.
6. Whooping cough or pertussis is now in our county. If anyone had ever been around someone with this disease, it is NASTY!!!! Recommendations are that adults should receive a booster for it. It has been available to adults only in the last 5 years or so. So think about getting a TDAP today. If you have an infant in your family this is a **MUST!** Babies cannot fight this disease. More info can be obtained from my office if interested. I do have a limited number of the vaccines. If you are interested contact me or you can go to the health department.

So here we go....ROCK AND ROLL!!!!

Kathy Brock RN

Student Health Services
Barton Community College
245 NE 30 Road
Great Bend, KS 67530
620-792-9233