Flu season is approaching as we speak! Last year our country dealt with the consequences from the H1N1 flu epidemic. This year we are prepared! We want you to be prepared too! According to the Centers for Disease Control (CDC), the 2010/2011 flu shot is recommended for all people ages 6 months and older and includes three flu viruses including H1N1.

Practice good respiratory etiquette: Cover your nose and mouth with your sleeve when you cough or sneeze. Throw away your tissue after you use it.

Stop by the Health & Wellness Center to set up an appt. for a flu shot, or call 610-568-1467
APPOINTMENTS WILL BE AVAILABLE AFTER SEPTEMBER 27TH — $15

Walk It Out!
Come join us September 15th & 16th!

★ Come to the Health & Wellness Center with your team of 4 or 5 friends.
★ ANYTIME from 9:00pm-4:00pm on 9/15 & 9/16
★ Wear sneakers.
★ Prizes will be awarded on both days!
★ Bring a camera.
★ The hunt must be completed by 5:00pm each day.
Are you having difficulty with one or more of your roommates? Do you feel like you’d rather be sitting in class than dealing with the conflict that is going on in your room? It is common for roommates to have difficulty getting along while living together. Don’t worry, you are not alone! Plenty of students on campus are dealing with the same issues, but do not discuss it with each other. A few things to remember when living with a roommate:

• First, always remember that it is not necessary to be best friends with your roommate, but it would help the situation if you both decided to be civil towards each other.
• Another good rule to follow when arguing is to try to walk away, think about the disagreement and then come back together to compromise. Most people can make better decisions when they are not fueled by their emotions.

• Use your resources! If you are both having difficulty compromising, find your RA on your floor or make an appointment to speak with psychologist, Dr. Kreider. Maybe the constant fighting has to do with other stuff in life too. It’s helpful to utilize your resources while you’re on campus.
• Try to make basic rules and schedules. Consider creating a schedule that designates cleaning days? Make an effort to come together on decisions.

If you are still unable to compromise—Dial ext. 1467 to make an appt. with psychologist, Dr. Kreider

Handwashing

✦ Wet your hands with clean running water and apply soap. Use warm water if it is available.
✦ Rub hands together to make a lather and scrub all surfaces.
✦ Continue rubbing hands for 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
✦ Rinse hands well under running water.
✦ Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

(www.cdc.gov/cleanhands)