

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

The influenza virus

(Source: www.health.gov.ab.ca/influenza/SC_booklet.html)

The influenza virus, better known as “the flu”, is an infection of the lungs/airways caused by a virus. Influenza viruses pass from person to person by droplets when an infected person sneezes, coughs, or talks. Airborne droplets enter the body through the eyes, nose or mouth. Individuals normally develop symptoms one to three days after becoming infected, yet they are contagious from the day before they have the first symptoms, until five days after the symptoms start. Be sure to take care of yourself this flu season.

prizePATROL

Begins Today: Thursday November 1st

Beginning today, your Peer Educators will be out spreading joy and swag amongst the Mount Royal Community. Dressed in orange, they'll be randomly testing your health knowledge and rewarding positive examples in the most obscure locations. Have fun and Live Well.

The difference between the flu and a cold:

SYMPTOMS/DESCRIPTION	INFLUENZA	COMMON COLD	STOMACH FLU
Chills, aches, pain	Frequent	Slight	Common
Loss of appetite	Sometimes	Sometimes	Common
Cough	Usual	Sometimes	Rare
Sore throat	Sometimes	Sometimes	Rare
Sniffles or sneezes	Sometimes	Common	Rare
Involves whole body	Often	Never	Stomach/Bowel only
Symptoms appear quickly	Always	More gradual	Fairly quickly
Extreme tiredness	Common	Rare	Sometimes
Complications	Pneumonia; can be life threatening	Sinus infection Ear infection	Dehydration

(Source: Alberta Health and Wellness, June 2005)

Top places where germs live:

- * Escalator hand rails
- * Conveyor belt at the grocery store
- * Shopping carts
- * Pre-school/kindergarten classrooms
- * Gym equipment

remember to wash your hands thoroughly for 30 seconds with soap after touching anything that you think may be covered in germs.



Call 440-6326 to book an appointment in Health Services if you suspect you have the flu or a cold and you need some medical attention.