

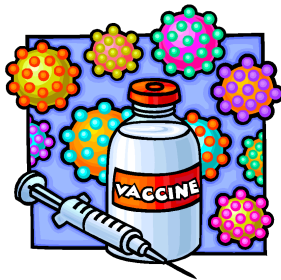
Wellness InSTALLments

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SEPTEMBER

Prepare for Sick Season



If the last year has taught us anything, it is that diseases cannot be taken lightly. After closing and quarantining due to the COVID-19 pandemic, it has reminded us just how much we need to take care of ourselves by building up a healthy immune system. One way to do so is to get vaccinated against preventable diseases, such as influenza and COVID-19. Although vaccines do not prevent you from getting the diseases, they do help minimize the effects. When you get vaccines, you are not only protecting yourself, but others as well (known as herd immunity). Vaccines are usually free or cheap. Some are voluntary and some are required before starting school, especially if you plan to live in the residence halls.

Upcoming Events

9/8—Healthy Hump Day: Germ X
11AM, Student Plaza

9/14—Tips Tuesday: Wellness Coaching
12PM, Student Plaza

9/15—Healthy Hump Day: Wellness Keeping It Wheel
11AM, Student Plaza

National Hazing Prevention: 9/20-9/24

9/20—Keynote: Edward Young III
5PM, Cohen Ballroom

9/21—Mock Conduct Hearings
5PM, Cohen 247

iLEAD Week: 9/27-10/1

10/1—Self Care Workshop for Student Leaders
12PM, Cohen 201

Please see our Eagle Link for a full, updated schedule!

Scrub to Keep Clean

Washing your hands is the most effective way to clean hands of germs. Handwashing should be done frequently, but especially:

- Before eating or handling food
- After using the restroom
- After blowing your nose, coughing, or sneezing
- After touching pets
- After handling trash
- After contact with urine or feces



Did you know?

- Hepatitis B can live on surfaces for up to one week.
- Some vaccines are given orally or intranasally—no needles!
- The Gardasil vaccine helps prevent HPV in males and females.
- The influenza vaccine does not “give you” the flu.
- Rub hands together for at least 20 seconds with soap and water or hand sanitizer.
- If you’ve had COVID-19 you should still get the vaccine.
- Vaccines prevent over 4 million deaths a year!

Wellness Tip

Reach out to **Student Health Services** to make sure you’re up-to-date on your vaccines at **239-590-1254** or immune@fgcu.edu

Be entered to win a **\$50 Starbucks gift card** when you check out the **PRE and POST Voluntary Vaccine Survey** - watch for the link in your **FGCU email!**

Look Out for Yourself and Others



Save Lives, Get these Shots!

- MMR
- IPV
- HPV
- Hep A
- TB
- MenB

First and foremost, it’s important to take care of yourself in order to decrease the risk of getting ill. Try to do the following to stay physically and mentally healthy:

- * Go to the gym
- * Hangout with friends
- * Attend campus events
- * Spend time outdoors
- * Get 7-9 hours of sleep
- * Watch a funny movie
- * Eat healthy foods
- * Utilize campus resources like CAPS, Prevention & Wellness, and Student Health Services



PEERS CARE
Educate. Engage. Empower.

