

# HEALTH

## Protect yourself in the winter

**Charity Holloway**  
STAFF REPORTER

Many people have heard about the colds and sicknesses that dominate the winter season. But do they really take precaution?

Walking around the Winston-Salem State University campus, there are many people who wear short-sleeves shirts, long sleeve shirts without a jacket, and flip-flops or sandals instead of a pair of boots or tennis shoes.

Are the dangers of the winter season taken seriously?

"People who don't wear the proper clothes for the holidays are just stupid. Even when there is a little sun outside, it's still very unsafe to wear improper clothing," said Allen Lockhart, a junior.

Some people do not seriously take heed to the dangers and it could be because they are not educated about the different types of seasonal colds. The most talked about illness that occurs mainly during the winter season is the flu. Influenza refers to several common strains of

flu virus that go around each year in the fall and winter seasons.

A flu pandemic is described as a new flu strain that starts spreading easily and quickly around the world. Depending on the strength of the strain, it can cause many people to get sick at once, causing severe illness and many deaths.

The pandemic flu has not occurred yet, but in all cases people generally want to prevent it from happening. If a pandemic flu were to hit the world, many would die because it would take a long time to develop a vaccination.

"What we need to be concerned about is what we call the seasonal flu," said Nurse Ester Joe, who works in the Student Health Services in the A. H. Ray Student Health Center. "Flu season generally lasts until the end of March and the first part of April, but you can still get it after that."

Symptoms of the seasonal flu include fever, chills, headache, body aches, sore throat,



Photo courtesy of MCT Wire Service

During the cold fall and winter months, it is recommended that individuals protect themselves and others from the spread of seasonal illnesses.

coughing, sneezing and shortness of breath.

"The main thing to do to prevent the flu is wash your hands," Joe said.

Other preventative methods include covering your coughs and sneezes, acting responsibly if you get sick, getting available flu shots, thoroughly cooking meats, poultry and eggs, and sup-

porting common good efforts.

Common Good efforts are steps that the government has put in place in the event a pandemic flu breaks out.

"Remember to wash your hands," Joe repeated. She recommends scrubbing hands and wrists for at least 20 seconds. Avoid touching your eyes, nose

or mouth with unwashed hands. Also, try to keep hand sanitizer with you.

If you feel you have flu symptoms, make your way immediately to the A. H. Ray Student Health Center.

"Students should know we are always here for them, even after hours," Joe said. She pointed out that after the Health Center

closes, students can call 888-267-3675 to talk to a nurse on duty. "The nurse will listen to your symptoms and tell you what you should do," Joe said.

For more information on preventing the bird flu, flu pandemic, seasonal flu or other services provided by the health center, call 336-750-3300.

## Massages: Helping to relieve stress

**Charity Holloway**  
STAFF REPORTER

As many college students know, being in school can cause a lot of stress. The pressure of doing well, completing tasks and participating in extracurricular activities can become overwhelming.

"I'm just a freshman, and I already feel overwhelmed at times. The pressure is unbelievable," said Sasha Massey.

Not only can stress lead

to health-related problems, but it can also trigger mental and social problems.

For example, physical stress can cause a rapid heartbeat, headaches, backache, sweaty palms, upset stomach, nausea, and diarrhea.

Emotionally and mentally, it can cause undesired symptoms such as becoming irritable and intolerant of minor disturbances, feeling irritated or frustrated, losing your temper more

often, and yelling at others for no reason. It can even cause people to doubt your ability to do things.

One way Winston-Salem State students can relieve stress is by utilizing the Health Center, which provides massage therapy.

The massage program started last fall and is free of charge. The services are usually available on Mondays twice a month, from 5 p.m. to 7 p.m. The services will start in

February.

Massey decided to try out the services. She was able to lie down on a massage table, which has an opening at the top for the user to insert their head. She received a five-minute massage from Kayla Haire, a licensed massage and body work therapist.

After her massage, Massey seemed pleased.

"My body feels much better. I feel like my body is not tensed up anymore.

My muscles feel so relaxed."

Haire works for Elite Massage, which is part of the gym 24/7 Fitness. "It helps out a lot of things," she said, explaining that massage therapy can help with inflammation and blood flow in the body. "Most importantly, it helps relieve stress from the student," she said.

According to the Web site [massagetherapy.com](http://massagetherapy.com), it can enhance immunity by

increasing the body's flow of lymph nodes; it exercises and stretches weak, tight or atrophied muscles, lessens depression and anxiety, and even relieves migraine pain.

To receive a free massage, visit the health center, located behind Gleason-Hariston Terrace Residence Hall and next to the Anderson Center. Or, call 336-750-3000, and ask for an appointment.

### Dr. J's House of Soul Food Presents:

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Every Thursday Night at 7pm  
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