

Roses Are Red, Violets Are Blue, You Will Be Too If You Get the Flu

by Andrea K. STEELE

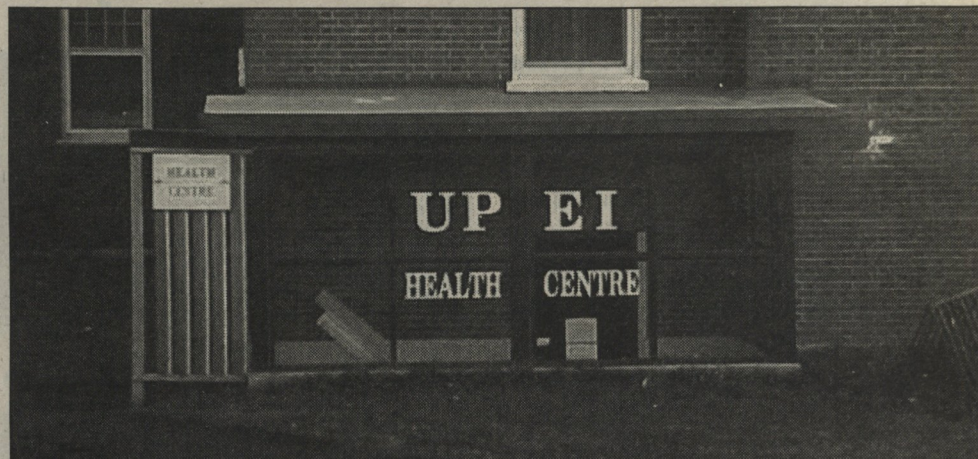
The flu season is nearly here again, which means we've got to start being a little more careful with our health. Unfortunately, once you're sick with the flu, that's it, and you have to rest. But there are some things you can do to prevent getting the flu, or lessen the symptoms. Try to eat healthy and exercise often, as well as getting enough sleep, and try not to get over-stressed. I know this is hard to do, especially come November. As well, wash your hands every so often, because you can get the flu from touching infected surfaces. Make sure to keep this copy of *The Cadre* with the included UPEI Student Health Centre hours, and evening hours at different clinics around Charlottetown, just in case.

If you're sick with the flu, **STAY HOME!** You are contagious for three to four days after you first see symptoms. If your professors think

this is a problem, just incite their "Fear of Flu" by visiting them. Get lots of rest and drink lots of non-sugary fluids.

The flu can't be treated with drugs, but it can be prevented or the symptoms lessened with a flu shot. You can get a flu shot at the UPEI Student Health Centre for approximately \$10.00, which is a bargain if you count all the money you would spend on Tylenol, Neo Citran, Halls (I recommend Zinc lozenges), and the amount of money wasted per class missed. The flu shot has been advertised in October with posters that give walk-in times to get vaccinated.

Maureen MacInnis-Wheatley is the Clinical Nurse Specialist at the UPEI Student Health Centre and Learning Resource Coordinator at the School of Nursing. MacInnis believes "health and wellness plays [a] main role in academic support," but when



Like the sign says: the UPEI Health Centre.

there are "thirty students to treat in four hours, there is "no time for much else." Perhaps if the centre received more funding, they would be able to focus on health and well-being first, and treatment second. As MacInnis says there is "a whole lot more we could be doing."

As well as flu vaccines, from

January to April of last year, the centre treated over 1200 students. The centre is equipped to handle medical questions or problems that you see your family doctor for, which means they also give referrals and issue prescriptions, though those with family doctors are encouraged to seek their doctor's advice first.

Hours for Health Clinics

UPEI Student Health Centre Marian Hall

Tues: 9:00 pm to 12:00 pm
(Receptionist only)
1:00 pm to 4:00 pm
Wed: 1:00 pm to 4:00 pm
Thurs: 8:30 am to 4:00 pm

Should you become ill and need to seek medical assistance outside the UPEI Student Health Centre hours, you can still receive appropriate health care. Be sure to bring your Personal Health Card or you will be asked to pay for the visit.

Sherwood Medical Centre 155 Brackley Point Road Sherwood

Mon-Fri: 6:00 pm to 7:30 pm
Sat: 10:00 am to 12:00 pm
Sun: 1:30 pm to 3:00 pm

Charlottetown Area Health Centre

1 Rochford Street
Mon-Wed: 5:30 pm to 7:30 pm

The Polyclinic 199 Grafton Street Charlottetown

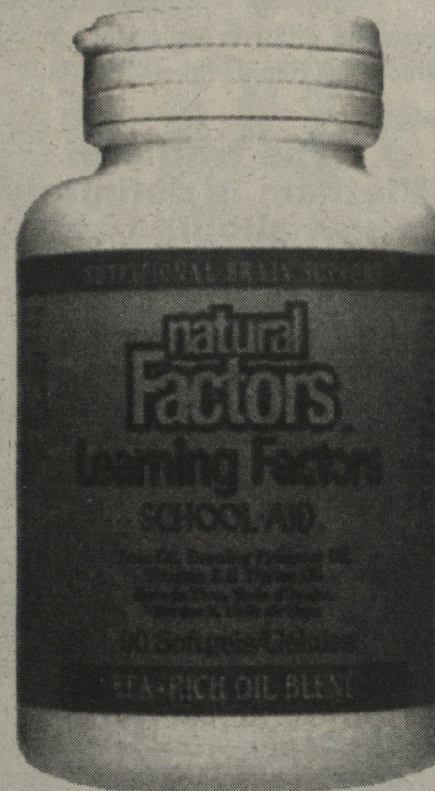
Mon-Fri: 5:30 pm to 8:30 pm
Sat: 9:00 am to 12:00 pm

Parkdale Medical Centre 20 St. Peter's Road Charlottetown

Mon-Fri 5:30 pm to 7:30 pm
Sat: 9:30 am to 11:30 am

Cornwall Medical Centre Trans Canada Highway Cornwall

Mon-Thurs: 5:30 pm to 7:30 pm



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