

TEN TIPS TO STAY HEALTHY IN COLLEGE

- 1. Wash Your Hands** - Being around so many people and so many germs makes it easy to get sick.
- 2. Carry Hand Sanitizer** - Just think of all the germs that could be on the campus shuttle, the top of your Biology lab desk or anywhere else you may be on campus. The bottom line is, if you don't have soap and water, hand sanitizer is a good alternative.
- 3. If You're a Resident, Clean Your Room** - Leaving old food and dirty clothes lying around is an open invitation for bugs, visible and invisible, to multiply.
- 4. Get Your Exercise** - Walking to class, eating right and getting regular exercise are a great way to maintain the healthiest immune system you can.
- 5. Eat a Well-Balanced Diet** - You will feel better and have more energy if you eat plenty of fruits and vegetables, lean meats and minimize the sugar and fat. The better your diet, the stronger your immune system will be.
- 6. Get Plenty of Sleep** - It is an important part of a healthy lifestyle so get as much rest as you can. But staying up all night and sleeping through your classes isn't ideal either, so get your sleep at night.
- 7. Drink Plenty of Water** - Keep a water bottle with you all the time, drink throughout the day and you will probably get what you need. Eight, 8-ounce glasses a day is the minimum recommendation.
- 8. Bathroom Precautions** - If you have to share a bathroom with anyone, make sure you are using common sense. Don't leave your toothbrush lying around on the sink where other people may have put theirs. Don't share personal products, such as soap, razors, and towels.
- 9. Get Vaccinated**
- 10. Dress Properly for the Weather**