

Mayo Clinic Minute

Staying healthy while at college

	AUDIO
	College life means close quarters.
Dr. Millstine	"Often, what the person next to you is doing is affecting your health."
	That's why Dr. Denise Millstine says a strong defense is key — starting with the annual influenza vaccine.
Title: Denise Millstine, M.D. Women's Health Center Mayo Clinic	"It's a good idea to get that on the early side if you're at college because certainly you don't want to be sick when it's exam time or projects are due."
	Dr. Millstine says it's also important to stay on schedule with previously prescribed medications and to scrub your way through every semester.
Dr. Millstine	"We always hear about washing our hands, covering our cough. But it's incredibly important when you're a college student."
	So is finding ways to manage the college-level stress, which Dr. Millstine says can equal sickness.
Dr. Millstine	"When you're exposed to a virus, and you're under a lot of stress, you're more likely to get sick than a person exposed to the same virus who's not as stressed out."
	And if your defense fails and a cough or fever hits, take yourself out of the game until you recover.
	For the Mayo Clinic News Network, I'm Jeff Olsen.