Welcome Back!
Peak flu season is in February. Take preventative measures to stay healthy this semester. The Flu vaccine is still available for $12 in the Wellness Center.

Nurse Connie’s Hours:
When school is in session
MONDAY
8:00-5:00
TUESDAY-THURSDAY
8:00-2:00
FRIDAY
8:00-12:00
530.226.4178
cechols@simpsonu.edu
If immediate assistance is needed please go to either of the clinics listed below or to the closest Emergency room.
Hilltop Medical Clinic
1093 Hilltop Drive
Redding, CA 96003
530.221-1565
Or
Pulse Urgent Care
691 Maraglia St., Suite A
Redding, CA 96002
530.722-1111

Cold, Flu, or Allergy?

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Cold</th>
<th>Flu</th>
<th>Airborne Allergy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Usual, 100-102°F</td>
<td>Never</td>
</tr>
<tr>
<td>Headache</td>
<td>Uncommon</td>
<td>Common</td>
<td>Uncommon</td>
</tr>
<tr>
<td>General Aches, Pains</td>
<td>Slight</td>
<td>Usual</td>
<td>Never</td>
</tr>
<tr>
<td>Fatigue, Weakness</td>
<td>Sometimes</td>
<td>Usual</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Extreme Exhaustion</td>
<td>Never</td>
<td>Usual</td>
<td>Never</td>
</tr>
<tr>
<td>Stuffy, Runny Nose</td>
<td>Common</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Usual</td>
<td>Sometimes</td>
<td>Usual</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Common</td>
<td>Sometimes</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Cough</td>
<td>Common</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
</tbody>
</table>

Hearing loss caused by noise is preventable!
Listen Up! Noise Can Damage Your Hearing.
Loud noise is one of the most common causes of hearing loss. Loud and long-lasting noises from motors, power tools, and especially headphones can permanently damage your hearing.
“Noise damage can begin at any age, and it tends to accumulate over time. That’s why avoiding excess noise is so critical,” says Dr. Gordon Hughes, a clinical trials director and ear, nose, and throat specialist at NIH. “Music players with headphones are a common source of noise exposure.” Hughes says.

Your ears can be your warning system. Noise is too loud when:
• You have to raise your voice to be understood by someone standing nearby.
• The noise hurts your ears.
• You notice a buzzing or ringing in your ears, even temporarily.
• You don’t hear as well as you normally do until several hours after you get away from the noise.

Taken from NIH News in Health, January 2015