



KENNESAW STATE
UNIVERSITY
DIVISION OF STUDENT AFFAIRS

HEALTH & WELL-BEING

December Celebrates
Handwashing Awareness Week 7-13
Influenza Vaccination Week 6-12



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Ways to Stay Safe Over the Holidays

Written by the Peer Health OWLs

The holidays are an important time for de-stressing and enjoying company with family. Follow these tips so that you can enjoy the holidays while keeping everyone safe.

Traveling home?

- Wash hands often and use hand sanitizer when you cannot wash your hands.
- Wear a mask at all times during flights.
- Disinfect surfaces that other people may have used before you, like the pull-down food tray table.
- If you are traveling in the car with someone you are not in regular contact with, wear a mask.

Having a gathering?

- Open windows or have gatherings outside to allow for more airflow.
- Maintain social distancing.
- Wear masks when social distancing is not possible.
- Before and after gathering, disinfect frequently touched surfaces.

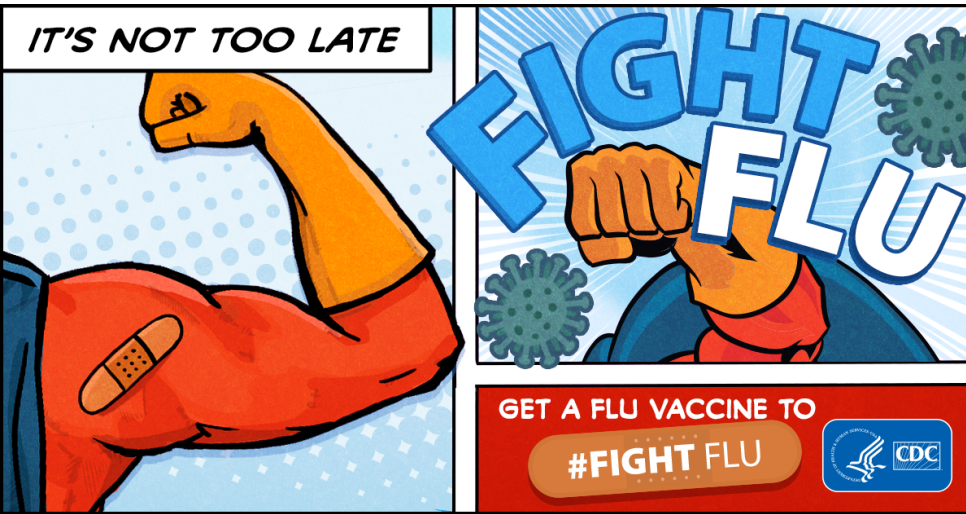
Time for dinner?

- Have multiple places to eat to allow for social distancing.
- Buffet style, have a family member serve, so only one person touches the serving silverware.
- Limit shared silverware or glassware.

Missing family?

We all miss our family! To keep everyone safe, healthy, and have more happy holidays in the future, meet virtually with family and friends!

HEALTHY HAPPENINGS



Free Flu Shots For Students

If you missed our on-campus flu shot pop-up events, schedule an appointment at one of our [WellStar Student Health Services clinics](#) for a free flu shot before leaving campus.

Why is getting a flu shot important? While the flu shot does not protect you from COVID-19, it reduces illness, hospitalization, and death. It also allows for more resources to be available for COVID-19 patients. [Find out more here!](#)

INTERESTED IN BECOMING A

PEER HEALTH EDUCATOR?

Are you passionate about health?

[Apply to become a Peer Health OWL now!](#)

Peer Health Outreach and Wellness Leader (OWL) is a student trained and certified in developing, implementing, and evaluating health education programs for his/her peers.

The Peer Health OWLs provide FUN interactive programs for students in classroom settings, fraternities, sororities, on-campus housing, student groups/organizations, and health promotion campaigns on campus.

EVENTS CALENDAR

Visit OwlLife for ONLINE event registration

Managing Anxiety and Depression During

COVID-19

Tuesday, Dec. 1,
2 pm

CARE About Your Self: Yoga for Stress Relief

Wednesday, Dec. 2,
10 am

So you think you can't PASS?

Test Anxiety

Wednesday, Dec. 2,
11 am

Recovery Ally Training

Wednesday, Dec. 2,
11 am

Yoga for Recovery

Wednesday, Dec. 2,
3:30 pm

Locations Off Campus and Deals on Flu Shots

- CVS: Free flu shot under most insurance. \$39.99 without insurance coverage, plus receive a \$5 off \$20 coupon.
- Target: Receive \$5 coupon with shot.
- Publix: Free shot with most insurance plus, receive a \$10 Publix gift card.
- Walgreens: Free with most insurance. \$40 without insurance.
- Rite Aid: Free with most insurance. \$35.00 without insurance.
- Costco: \$19.99 flu shot, even if you aren't a member.
- Kroger: Free with most insurance. Use Kroger card and earn Pharmacy Fuel Points based on out-of-pocket spend (i.e., \$1 copay = 1 Fuel Point). 2

HEALTHY HAPPENINGS CONT.



While we can't come together for stress relief with our Paws and Relax event, we can bring you a brief PAWS from your busy days and studying with this video of pets submitted by students, faculty, and staff! [Watch the video here.](#)



Click the image to watch the video!

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.



Need a new challenge? Do you think you can climb a mile high? The KSU climbing gym hosts the 5.280 challenge, where both bouldering and top-rope climbs are eligible. Log your climbs via the My Climb App to track your progress. T-shirts are awarded to those who complete the challenge. Visit the climbing gym and ask the attendants to get started!

[Click here to subscribe to receive the newsletter in your email.](#)



Holiday Information

Student Health Services recommends getting a COVID-19 test 3 – 4 days before heading home to be with family and friends. Before and after testing, continue to take the necessary precautions like practicing social distancing, wearing a face covering, washing your hands, and limiting gatherings.

1. Get tested on campus.
2. If you test positive, be sure to isolate in a separate bedroom and use a separate bathroom while at home.
3. Protect your family by following the CDC guidelines for holiday celebrations.



Returning to Campus

Student Health Services recommend taking the following steps upon returning to campus:

1. Be sure to self-monitor for COVID-19 symptoms. If you are showing any, even if they are mild, self-quarantine and get tested.
2. The WellStar Student Health Services clinics will be open, and we encourage you to get tested again upon your arrival back to campus.
3. Continue social distancing, limiting gatherings, washing your hands often and wearing a face covering when you come back.

To learn more about Student Health Services, our hours and locations, please [click here](#).

Hand washing vs. Hand sanitizer: Know the difference!

Hand washing is the most effective way of keeping your hands clean and should always be done if available. Hand sanitizer is good to use when out and about but should never be a replacement for hand washing.

Use Hand Sanitizer When You Can't Use Soap and Water

Hand sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Hand sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.
- You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

COVID-19 SELF-ASSESSMENT



ARE YOU EXPERIENCING SEVERE SYMPTOMS?

- Extreme Shortness of Breath
- Blue Lips and/or Face
- Severe Chest Pain or Discomfort
- Severe Dizziness or Lightheadedness

NO

YES

HAVE YOU BEEN EXPOSED TO COVID-19?

Been in close contact with someone who has tested positive for COVID-19

SEEK
EMERGENCY
CARE



NO

YES

QUARANTINE
AND GET TESTED
IF YOU FEEL SICK



ARE YOU EXPERIENCING COVID-19 SYMPTOMS?

- Fever of 100.4 or Above
- New Loss of Taste or Smell
- Chills
- Cough That Is New or Worsening
- Shortness of Breath or Difficulty Breathing

YES

Isolate and call the
WellStar Student
Health Clinic
(470) 578-6644,
choose option #2
to schedule a test.



NO

YES

YES

If you receive a positive
test, continue to
isolate and self-report
the results at
coronavirus.kennesaw.edu
or call (470) 578-6644,
choose option #1.



NO

OTHER, LESS COMMON SYMPTOMS:

- Fatigue
- Muscle or Body Aches
- Headache
- Sore Throat
- Congestion or Runny Nose
- Nausea or Vomiting
- Diarrhea

If you have no exposure and no symptoms, you may come to campus. Wear an appropriate face covering inside campus facilities/buildings, practice social distancing and wash your hands frequently with soap and water for at least 20 seconds to help slow the spread of infection



KENNESAW STATE
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NUTRITION

A Healthy Habit in the Kitchen

Wash your hands often when you cook to prevent the spread of germs. Your hands can spread germs in the kitchen, so wash your hands frequently to prevent cross-contamination.

Handwashing is especially important during key times when germs can spread. Here are some key times to wash in the kitchen:

- Before, during, and after preparing any food.
- After handling raw meat, poultry, seafood, and eggs.
- Before eating.
- After touching garbage.
- After wiping counters or cleaning other surfaces with chemicals.
- After touching pets, pet food, or pet treats.
- After coughing, sneezing, or blowing your nose.

Cooking Corner



RAVEN'S ROASTED POTATOES

Ingredients

- 1 pound baby red potatoes, washed and pat dry
- 1/2 tablespoon vegetable oil
- Salt & pepper to taste
- 1 tablespoon rosemary, chopped

Directions

1. Preheat oven to 425 degrees F.
2. Slice potatoes in half. Larger ones can be cut into thirds.
3. Line a baking sheet with foil. Place potatoes on pan. Drizzle with oil and toss until evenly coated.
4. Season with salt, pepper, and rosemary.
5. Bake 25 minutes or until tender.
6. Serve warm and ENJOY!



RAVEN'S RED WINE & ROSEMARY PORK CHOPS

Ingredients

- 2 pork chops
- Salt and pepper (to taste)
- 1/2 tablespoon all-purpose flour (optional)
- 1 tablespoon olive oil
- 3/4 cup water
- 1/4 cup red wine
- 1 tablespoon red wine vinegar
- 2 tablespoons brown sugar
- 1 tablespoon butter
- 1/2 teaspoon rosemary
- 1 pound baby red or purple potatoes
- 1/2 tablespoon vegetable oil

Directions

1. Season both sides of the pork chops with salt and pepper. Dust chops with flour to add crispy crust, if desired.
2. Heat olive oil in a pan over medium high heat. Place chops in pan and cook until edges are golden brown. Flip chops over and reduce heat to low. Cover pan with a lid and let simmer for 6-12 minutes or until pork has an internal temperature of 145 degrees F. Set aside to rest.
3. Increase heat to medium-high. Add water, wine, vinegar, sugar and rosemary to the same pan to make sauce. Bring mixture to a simmer and continue cooking until reduced by half.
4. Remove pan from heat and swirl in butter. Place pork back in the pan and spoon sauce on top.
5. Serve and ENJOY!

COOK TIME: 20 MINUTES
SERVINGS: 2

FITNESS



LET'S WORK OUT!

- 1 Visit 2020RecreationMovement.com
- 2 Create an account using a .edu email address
- 3 Choose and take your class
- 4 Log your minutes



Looking to switch up your fitness routine? The 2020 Recreation Movement is a great place to start! Search the library of classes from over 100 colleges and universities across the nation to find your perfect workout! You can even find classes from your favorite OwlFit instructors! Create an account with your KSU email address for access.

GROUP FITNESS



Join us virtually for the last week of group fitness classes, November 30-December 3! Get that heart rate up with Strength Circuits or Zumba, or take a mental break for a calming yoga session, all from the comfort of home! Register for classes on mysportsrec.kennesaw.edu to receive the link to the live session! You won't regret taking this time for you!



The Student Recreation and Activities Center and the Recreation and Wellness Center will be open through December 23! Reservations will be required, so don't forget to sign up for a time slot at mysportsrec.kennesaw.edu before coming in!

Start Your Fitness Journey Right

Online Personal Training

Sign-up now to start your live online training sessions!

Keep healthy and strong even in your own home with OwlFit's Online Personal Training. All training sessions are performed live through Microsoft Teams or other compatible video chat platforms. Your trainer will hold you accountable, encourage you, support you, and educate you through every virtual session. Questions, visit us [online](https://online.kennesaw.edu) or email owlfit@kennesaw.edu

KSU VIRTUAL COUNSELING

Please note, per Georgia Law, students who are under the age of 18 will need parent or guardian consent to receive counseling services.



NUTRITION COUNSELING

To help KSU students improve their health and well-being, Health Promotion and Wellness offers individual counseling with a Registered Dietitian to address nutrition-related questions and concerns. Currently, counseling services are offered via video conferencing using Microsoft Teams and is available to all KSU students living in state.

Interested students can self-schedule a nutrition screening appointment by visiting the [Health Promotion and Wellness Patient Portal](#). For more information, visit [Health Promotion and Wellness/Programs and Services/Nutrition Services](#).



COUNSELING AND PSYCHOLOGICAL SERVICES

The staff of Counseling and Psychological Services (CPS) are here to help with all the struggles and challenges that come with college, including those that have been exacerbated by COVID-19. We know that the changes to our daily lives have had a necessary impact on all of our mental health. Increased uncertainty, loss of routines and support, and general disruption of our typical ways of navigating the world all add weight to our baseline level of functioning. These challenges can increase anxiety, depression, and interpersonal conflict, but they can also offer us the chance to examine our behaviors and practice new ways of being. We recommend the following to help students gain a sense of control and direction: Follow the safety guidelines; create a routine that works for you and keep it; set priorities and focus on these; stay connected to your support system; balance time spent on social media or other mediums that cause distress. Finally, make self-care a necessity; this includes protecting your sleep, putting good things in your body, and being active. All CPS services are available and being delivered via tele-mental health, and you can learn more at counseling.kennesaw.edu.

RECOVERY COUNSELING

The Center for Young Adult Addiction and Recovery offers counseling services for students in recovery and to those recovery curious students struggling with substance misuse and process dependency (gambling, eating disorders, gaming). We allow students to explore change.

For additional information, please email recovery@kennesaw.edu.

CENTER FOR YOUNG ADULT ADDICTION AND RECOVERY MEETINGS

The CYAAR is hosting virtual Alcoholics Anonymous meetings on Tuesdays at 12:30 pm
[Click here for Zoom Meeting](#).

The CYAAR is hosting virtual Eating Disorder Anonymous meetings on Wednesdays at 6:30 pm
[Click Here for Zoom Meeting](#).

Follow on Social!

Counseling and Psychological Services



Center for Young Adult Addiction and Recovery



Sports & Recreation



Health Promotion & Wellness



KENNESAW STATE UNIVERSITY

SUGGESTION BOX

DIVISION OF STUDENT AFFAIRS

We welcome any comments or suggestions to create an interactive and resourceful newsletter for our KSU Owls
wellctr@kennesaw.edu.

For the latest COVID-19 updates visit: <https://coronavirus.kennesaw.edu/>