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# Rush Nursing Student Health & Wellness Update

*Protect yourself and  
your family by  
washing your hands  
often!!*



## MSE Health & Wellness Newsletter: What is COVID-19

Hello MSE Community! This week we wanted to continue talking about health and wellness, and in particular what’s been on many of our minds, COVID-19. To start, the coronavirus-19 is a virus named for its “crown” shape and its first known infection in 2019. There are many types of coronaviruses (only some affect humans), but they do not all work the same or do the same thing to the body. COVID-19 has never been seen before, that’s why they call it novel (meaning new). It is also why they don’t know how to treat it yet and don’t have a vaccine for it. Viruses are types of germ; another well-known germ is bacteria. Both viruses and germs have the ability to cause infection, and if these infections damage human cells in the body, it can cause disease. However, viruses and bacteria are very different and cause different disease. Below is a table detailing their differences.

Viruses	Bacteria
<ul style="list-style-type: none"> <li>• There are no “good” viruses</li> <li>• Not living, require a host cell to multiply</li> <li>• Infections caused by viruses: flu, cold, HIV/AIDS, HPV and COVID-19</li> <li>• Prevented with: vaccine (not all viruses have vaccines)</li> <li>• Smaller than bacteria</li> </ul>	<ul style="list-style-type: none"> <li>• Most bacteria are not harmful</li> <li>• Bacteria are living organisms that do not require a host cell</li> <li>• Infections caused by bacteria: strep throat, tuberculosis, urinary tract infections and sinus infection</li> <li>• Treated with: antibiotics</li> <li>• Larger than viruses</li> </ul>

Both viruses and bacteria can be prevented with vaccines if a vaccine is available for it, but only bacteria are treated with antibiotics. While COVID-19 does not have a vaccine yet, there is a vaccine for the flu, and it is highly recommended this year. It will prevent more people from being hospitalized with the flu and save resources. It will protect people from getting both the flu and COVID-19 at the same time, which could put some at increased risk.

More to come about vaccines in next newsletter!

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*Announcements*

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## Activities:



This week in the garden we practiced categorization of fruits versus vegetables. We read the book, “The Very Hungry Caterpillar,” by Eric Carle, and talked about different types of produce and how to tell if something is a fruit, a vegetable, or neither. In general, a fruit contains seeds on the inside while vegetables are typically other parts of a plant such as the leaves, stem, or roots. This means a tomato is really a fruit!

## Announcements:

- If you haven’t already, don’t forget to fill out the **flu shot interest form!** Your response will help us gauge parent interest in having flu vaccines available for children at school. Physical copies are available in the office and online forms can be found at the following link:

### [FLU SHOT INTEREST FORM](#)

- Look out for **online lesson plans** coming soon. We are working to adapt our in person lessons to an online format so that you and your child can engage in this material at home. If your child is an online learner, they will be receiving more information from their teacher.
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# FIGHT THE FLU

## GET YOURSELF AND YOUR FAMILY VACCINATED!

Due to the current pandemic, health is more important than ever. Covid-19 can be mistaken as the flu because they share similar symptoms: fever, cough, and body aches

- African American and Hispanic persons are more likely to be hospitalized for the flu than any other group
- Getting the flu can impact school attendance, cause you to miss work, or decrease daily productivity
- Getting the flu vaccine can shorten duration or make the flu less severe
- Children often need medical care if they contract the flu

[CDC.GOV/FLU](https://www.cdc.gov/flu)

#FIGHTFLU