



CONGRATULATIONS-YOU'RE GRADUATING!

Recipe for a Healthy Life

Graduating from high school is the end of an era. Now you will be making decisions about the quality of life that you choose.

Healthy Food Choices

If you are leaving home you will soon find out how easy it is to eat out rather than take time to prepare healthier food options. Planning ahead for meals and snacks will help you stay healthier and will be less expensive.

Activity

Get in the habit of walking and

setting aside regular 30-60 min. exercise time. Activity is a great way to relieve stress, meet other health-minded people and control your weight. It helps you sleep better and builds your body's defense to disease.

Avoid Alcohol

Alcohol is illegal for persons under 21.

It can contribute to depression and stress. It will lower your inhibitions and you could end up in situations that are uncomfortable or dangerous. It is

empty calories so will help you gain weight.

Smoking

It's unhealthy and un-cool plus it stinks and contributes to serious health problems.

Safety Habits

Always wear your seat belt. Use sun screen and get regular health checks.

Don't forget to get a flu shot in the fall!



MENINGITIS- GET YOUR VACCINATION!

Meningitis is a dangerous infection of the membranes surrounding your brain and spinal cord.

It can come on quickly or last for several months, but if left untreated, it can cause brain damage, seizures, paralysis and death.

It is caused by viral, bacterial or fungal infections.

Meningitis is spread through kissing, coughing and any-

thing that may exchange respiratory secretions.

Anyone can get meningitis, but people ages 15-24 who are living in a dorm or community setting, pregnant women and people who have a compromised immune system are at higher risk.

There is a vaccine available to protect against meningitis. Talk to your doctor learn more about it.

Signs and Symptoms of

Meningitis

- High Fever
- Fatigue
- Severe Headache
- Light sensitivity
- Rash
- Nausea/Vomiting
- Stiff neck
- Decreased appetite
- Trouble concentrating

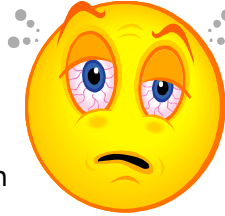
DECISIONS ABOUT USING ALCOHOL

Did you know that your brain is not fully developed until you are 25?

This means that if you drink a lot while you are young, you could be causing brain damage to yourself!

There are also studies that prove if you avoid drinking alcohol until you are 21, you are more likely to drink responsibly and less likely to become addicted.

Alcohol decreases your ability to make good choices. You may do things that if you were



sober you would never consider doing.

Decisions you make if you drink could effect you for the rest of you life and leave you feeling guilty and embarrassed.

If drinking becomes a normal part of your life, your school performance may begin to slip.

If you are missing classes or your grades begin to drop, talk with someone to get help immediately.

Along with effecting your brain, social life and academics, alcohol can also effect your wallet.

If you are caught drinking before the age of 21 you could pay up to \$700 and go to jail for 90 days. If you are living in a dorm, you may find that the consequences from the school could be just as harsh.

It's also important to note that if you are sited for underage drinking, you will have to report it as you search for your first job.

If you try to purchase alcohol, you may lose your drivers license and go to jail.

Alcohol poisoning is life threatening

Signs of Poisoning:

TOBACCO/CESSATION

We all know that tobacco is bad for us, but still over 4,000 teens try smoking every day.

Only you can make the decision to avoid it.

Tobacco smoke contains over 4,000 chemicals. 250 of them have been proven to be harmful and over 43 of them can cause cancer.

Nicotine is addictive and it's added to cigarettes and chew to keep you wanting more.

Chew contains 2.5 times as much nicotine as cigarettes, so it is very

difficult to quit once you start.

Tobacco use is the leading cause of lung, mouth, throat, bladder, pancreas and kidney cancer. Tobacco use or Second-hand smoke can cause:

-Lung disease such as asthma, pneumonia, bronchitis and emphysema

-Heart disease & stroke

-Increased heart rate

-Increased blood pressure

-Decreased blood circulation

-Shortness of breath

-Decreased overall health

People exposed to second hand smoke breathe in the same chemicals and suffer from the same problems as a smoker.



If you do use tobacco, now is a great time to try to quit.

It won't be easy, but it will be worth it in the long run!

You will be amazed at how quickly your body begins to feel better once you quit.

You will notice changes you didn't

SEXUALLY TRANSMITTED INFECTIONS

Each year over 3 million new STI's are reported among teens. Research shows that 1 in 4 teen girls have an STI.

STI's are very preventable. If you decide to be sexually active, protect yourself and your partner.

There are different STI's, many of which have *no* symptoms so you may not know you have an infection.

People can go years before they have any symptoms. STI's are easily passed if you have more than one partner.

Common STI's include:

Human Papillomavirus (HPV):

- Most common STI.
- Often no symptoms.
- Can cause genital warts and cervical cancer.
- A vaccine (Gardasil) is available to protect *males and females* from certain types of HPV.

Chlamydia:

- May have no symptoms.
- Unusual discharge, burning or frequent urination.
- Pelvic pain.
- Can be treated if caught.

Tips for STI's :

-Remain abstinent, the best way to avoid an STI is to not have sex.

-Always use a condom.

-Know your partner's sexual history.

-Know the signs and symptoms of STI's.

-If you do have an STI, stop sexual activity until you have completed the full treatment cycle.

-If you are sexually active, **get tested regularly.**

Questions– Talk to the doctor or see our website.

IMMUNIZATIONS

Got Your Shots?

Immunizations are needed throughout life and it is very important to keep a record of them.

Td boosters are needed every 10 years. Tetanus spores are found in our soil so this vaccine protects you when you have cuts or punctures to the skin.

Tdap (Td with pertussis) is now available and recommended as a one time vaccination to protect you against Td and pertussis. *Pertussis is a disease that could spread easily in a college setting.*

Menactra

If you will be a college

student living in a dormitory, it is recommended you have Menactra vaccination.

Varicella If you have not had the chickenpox disease, then you should have two varicella shots. Adults may be "sicker" when they have chickenpox and could develop serious complications such as shingles later in life.

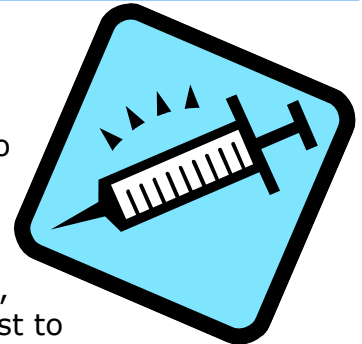
HPV Young men and women are encouraged to be vaccinated against Human Papillomavirus (HPV) which causes genital warts and cervical cancer. It is a series of 3 shots over a 6 month period of time.

If you travel to a

foreign country, even just to Mexico, you need to check on the vaccinations that are recommended such as Hepatitis A.

Call Countryside Public Health or use the website www.cdc.gov/travel.

If you have questions or need a copy of your immunization record contact your medical clinic or Countryside Public Health.



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1-800-657-3291

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Yellow Medicine County
415 9th Avenue
Granite Falls, MN 56241

Energy Drinks and Nutrition Bars make big promises about increasing energy and alertness or claim to boost your athletic performance or powers of concentration. With so much going on in our lives, lots of people feel tired and run down it's natural we would like to try them. BUT

Food bars will never beat a well-balanced meal or snack when it comes to meeting our nutrition needs.

Facts about energy drinks and food bars to keep in mind:

- They often contain excessive sugar and calories.
- Energy drinks are often full of caffeine. Caffeine is legal, but it is a stimulant drug and can be dangerous. Especially if you take any medicines.
- They may contain unknown amounts and types of ingredients
- They're expensive.
- When combined with alcohol and/or tobacco the health dangers increase significantly. When energy drinks are combined with alcohol, the energy drink kicks in right away, masking the drunk, tired feeling. When the crash comes, it is fast and hard, because you are crashing from both the energy drink and the alcohol. This can be a deadly combination. When energy drinks are combined with another stimulants such as nicotine, effects do not stop at the same time, so you're at risk of stimulant intoxication.
- Energy drinks will cause stimulant effects but they also crash hard and are hard on your body so use in moderation.

<http://www.countrysidepublichealth.org>

STAY SAFE

Safe Driving

Seatbelts save lives, so make sure you are always wearing one.



Distracted driving

Causes 1 in 4 crashes. Concentrate on the road. Find a radio station before you start driving, stay off your cell phone, avoid eating or drinking in the car and keep the number of passengers in

your car limited to avoid distractions from them.

Never drink and drive. It is illegal and extremely dangerous to both you and others on the road.

Protect Yourself

There will always be times you have to go somewhere alone, but when you do, be aware of your surroundings, especially at night.

If you have night classes or

work late, always call to let someone know when you are leaving and when to expect you home. Park your car in a well lit area and keep your cell phone with you in a place that is easy to access.

Listen to your gut feelings-if something does not feel right or if you are uncomfortable in a situation-call for help.

