Preventing the Spread of the Flu

It’s Flu Season, and we all know what means...it’s time to prevent it from attacking us. Utah is in the red amongst many other states topping the charts in Influenza outbreaks. There are a few simple steps we can all follow to stay healthy.

- Stay hydrated. Increasing your water intake will help you stay healthy and lessen the chance of you coming down with flu.
- Eat a healthy diet rich in vitamins C and E. Foods containing these vitamins are believed to be helpful in supporting the immune system.
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- Reduce stress. Many studies have shown that stress can suppress the immune system.
- Get a full night’s sleep to keep your body’s natural immune defenses at optimum efficiency.
- Search indicates that exercise can stimulate the immune system and promote healthy sleep.
- Avoid contact with people who are sick. If you have a respiratory infection, do not leave the house. Avoid close contact with people who are sick. If you have a respiratory infection, do not leave the house. Avoid close contact with people who are sick.
- Wash your hands frequently during the flu season. You may use soap and water, or a hand sanitizer with at least 60% alcohol. Wash your hands for at least 20 seconds.

Winter Break is almost over. As we return to school, remember the basics of flu prevention and do your part to keep your classmates healthy.

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Mining Engineering Apparel for Sale (Support our department by wearing our apparel)

SME Denver available for sale at the Mining Engineering office.

- $1000, and Barrick Gold for a donation of $2000.
- $500, Materion for a donation of $500.
- $250, Colorado School of Mines for a donation of $250.
- $100, and Rio Tinto for a donation of $100.
- $50, and Newmont for a donation of $50.
- $25, and Freeport for a donation of $25.
- $5, and Desert Gold for a donation of $5.
- $1, and-gold for a donation of $1.

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Scholarship Opportunities

- For the fall semester, we are offering multiple scholarships. For more information, please contact Ashley Hodgson.
- For the spring semester, we are offering multiple scholarships. For more information, please contact Ashley Hodgson.
- For the summer semester, we are offering multiple scholarships. For more information, please contact Ashley Hodgson.

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