

# KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER  
FRIDAY, SEPTEMBER 17, 2021

## TAKE A QUICK LIBRARY SURVEY!

We do a LOT of programming in our campus libraries. Want to share your ideas with us? Take our quick 3 minute survey. Your input matters!

<https://forms.gle/PYgRS8hAZXcYYiXp9>



# welcome!

## WELCOME BACK STUDENTS

We hope you enjoyed attending our weeks of welcome events! If you missed out, be sure to check your WGTC email regularly to see upcoming events. You can also find upcoming events in a restroom near you - Check out our monthly issues of STALL NEWS. See our events virtually on WGTC's event calendar: <https://www.westgatech.edu/events-calendar/>

## HEALTH AND WELLNESS:

### Source: Dr. Jamie Kauffman, DO - Updated 7/27/21 COVID-19 Post- Exposure At-Home Management

- If you have been exposed to COVID-19, be sure to isolate away from others, wash your hands frequently and clean frequently touched objects to help slow the spread
- Some vitamins/minerals/supplements can help the immune system fend itself from the virus
- Speak with your primary care provider before starting any medications or supplements. Seek medical care as necessary.
- Recommendations for adults, under 18 please speak to your doctor

#### 1 Pepcid 20 mg 1-2 times daily

Connected with improved outcomes

#### 2 Mucinex 600 mg twice daily

Thins respiratory secretions

#### 3 Zinc 25-50 mg twice daily for 5 days

Use early in infection period

#### 4 Quercetin 250 - 500 mg twice daily for 5 days

Helps the body use zinc

#### 5 Tummy Time

To help improve outcomes and avoid intubation in patients. Lay on your stomach for 30-120 minutes 2-3 times per day. Legs can be slightly elevated for comfort

#### 6 Deep breathing and walking

#### 7 ASA 81 mg

If approved by PCP for DVT in combination with walking

#### 8 Vitamin B complex

Improve post-COVID syndrome

#### 9 Omega-3 Supplement

Improve post-COVID syndrome

#### 10 Eat potassium rich foods

Bananas, Oranges, Tomatoes, Avocados, Potatoes



Macon County Health Department



## Interested in a fitness card?

Click on the link below to sign up!

<https://www.westgatech.edu/student-life/health-and-wellness/>

## WEEKLY WELLNESS TIP:

### HOW TO MAINTAIN MENTAL AND PHYSICAL HEALTH IN COLLEGE

- Get Enough Sleep
- Exercise Regularly
- Eat a Balanced Diet
- Make Time for Self-Care
- Recognize the Risks of Substance Use
- Value Sexual Health and Safety
- Become Health Literate



<https://www.bestcolleges.com/blog/mental-physical-health-college/>

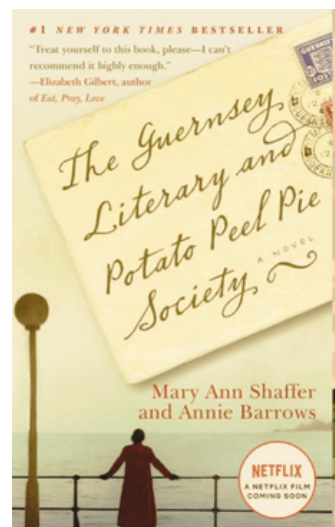
## STUDENT LIFE SPOTLIGHT:

### WGTC BOOK CLUB RETURNS IN OCTOBER

WGTC Student Life is so excited to announce that we are bringing back the WGTC Book Club for students, faculty and staff. Student Life will purchase and handle the distribution of books for student members. We will only read one book this semester and we will meet bi-weekly to discuss designated chapters. At the conclusion of the book, members can join us for a movie day to watch the movie adaptation. **Student Life will bring snacks fit for a full movie theater experience.**

Join us as we explore this story about a writer, a pig farmer, and book club on Guernsey Island.

### Fall 2021 Book Selection



### Sign Up Here :

<https://forms.gle/57P6V8dj84es73558>

**Deadline to Sign Up  
Monday, October 4, 2021**

### UPCOMING STUDENT ORGANIZATION MEETINGS :

Organization meeting schedules to be announced soon.

Student Organization Information can be found here:

<https://www.westgatech.edu/student-life/student-organizations/>



**WGTC VIRTUAL CORNER:** Did you know that there's a VIRTUAL cat café streaming live from San Diego, CA? Allergy-free viewing 24/7 365. Check it out here:

<https://catcafesd.com/live-stream/>

As set forth in its student catalog, West Georgia Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, sex, religion, disability, age, political affiliation or belief, genetic information, veteran status, or citizenship status (except in those special circumstances permitted or mandated by law). The following persons have been designated to handle inquiries regarding the non-discrimination policies: Equity (Title IX) Coordinator, Dean of Students, 770.664.0532, 200 Campus Drive, Newnan, GA 30263. ADA (Section 504) coordinator is V.P. of Administrative Services, 678.664.0533, 401 Adamson Square, Carrollton, GA 30117.