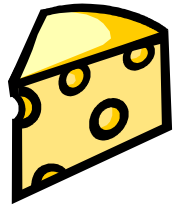


# Eat Well When You Are Ill

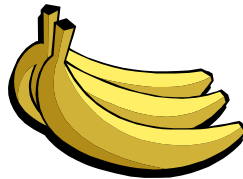
**Fever:** This burns a lot of calories, so keep eating!



**Loss of appetite:** Try several small meals. Some people experience appetite enhancement when they use marijuana. If this doesn't work, skip starches, and go for high-calorie, protein-rich food.

**Nausea:** Sip, don't gulp beverages. Eat only a mouthful or two at a time. Avoid milk products, fats, and spices.

**Diarrhea:** This can be extremely dehydrating and debilitating. Avoid all stimulants, spices, milk products, and fats. Plain boiled rice, bananas, and opiates may relieve symptoms.



**Constipation:**

While not immediately dangerous, this can be uncomfortable. Fruit, vegetables, greasy foods, whole grains, stimulants, and a lot of fluid can make it easier to move your bowels.



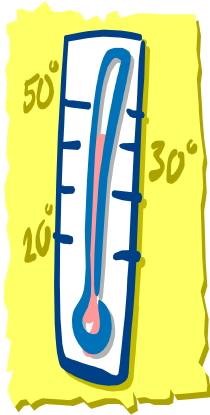
# Survival Tips for Living on the Streets



*Produced by:*  
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**A Program of Harm Reduction**  
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A very special thanks to  
Synn Stern, M.P.H. of DV8-RTD

## Staying Warm

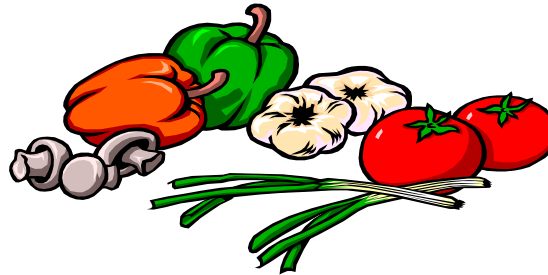


Dress in layers (of clothing or newspaper). Keep hands, feet, and head warm, but make sure to warm them before covering them. Eat. Urinate. Drink warm liquids. Avoid alcohol and drugs; you "feel" warmer but can freeze just as easily. Stay

dry, out of the wind, and put layers of paper, plastic or cloth between yourself and the walls or floor of cold shelters (metal, concrete, stone, glass). Remove wet garments as soon as possible (and cover yourself with plastic, paper, or anything else available, or move around until they are dry enough to put back on). Try not to move so vigorously that you get wet with sweat. Rub numb body parts gently until warm feeling returns. Don't put numb body parts near steam vents, fires, radiators, or other heat sources, you may get burned without realizing it. Huddle with other people or animals. Remember that heat rises, and a layer of body fat provides excellent insulation.

## Resources

College students frequently discard useful and edible items before and after term changes, particularly during the summer and winter holidays. Universities themselves can be good sources of shelter (libraries, student centers, and lounges) and information (classes, lectures, and bulletin boards).



## Nutrition- Eating Well

It is possible to live a lot longer without food than without fluids. This prevents dehydration which can cause constipation, stomach pain, itchy dry skin, muscle cramps, and tooth decay. Caffeinated drinks (cola, coffee) and beer can make you urinate away more liquids than you retain. If there is nothing to eat or you are too sick to do so, a spoonful of sugar and a pinch of salt in a glass of water will provide the basics (electrolytes) needed to keep going for a short time. However, make sure to limit sweets. Sugar burns off quickly so it is less filling than other foods, and high sugar diets may cause bladder infections and thrush.

If you are spending your own money make sure that you are getting the most food for your money. Food choice in supermarkets is usually broader than what is available pre-cooked from take-out or fast food shops, and soup kitchens. Milk products are a good source of protein but may increase mucous production. Cheap and filling starchy foods also have a tendency to be binding. Fatty and spicy foods can irritate the stomach and colon, causing diarrhea. Vitamin C rich citrus fruits, tomatoes, and peppers help prevent bleeding gums and bruising. With some skill and attention, dumpsters outside supermarkets, pizza shops, bakeries and the like can be safe and free food sources. Avoid all discarded milk, egg, and mayonnaise products, all swollen or bulging cans, those that spew when opened, and cans that are not vacuum packed. Eat only recognizable items (without knowing how something should look or smell, there's no way of knowing if it is still good) and trim all visible mold from fruits, vegetables, cheeses, and breads.

