

Toilet Talk

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Manchester College

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THUMBS UP ON HAND WASHING

MOST PEOPLE DON'T DO AS GOOD A JOB AS THEY THINK- OR SHOULD WHILE WASHING THEIR HANDS.

- WE TEND TO NOT THOROUGHLY CLEAN OUR THUMBS, FINGER TIPS, AND THE AREAS BETWEEN OUR FINGERS
- UP TO HALF OF ALL MEN AND A QUARTER OF WOMEN DO NOT WASH THEIR HANDS AFTER THEY USE THE BATHROOM
- RIGHT-HANDED PEOPLE TEND TO WASH THEIR LEFT HAND MORE TOUGHLY THAN THEIR RIGHT, AND VICE VERSA

NEED A FEW REASONS TO BE MORE DILIGENT ABOUT USING WARM WATER AND SOAP OR SQUIRTING SOME HAND SANITIZER?

- WE HAVE BETWEEN 2 AND 10 MILLION BACTERIA BETWEEN OUR FINGERTIPS AND ELBOW
- DAMP HANDS SPREAD 1,000 TIMES MORE GERMS THAN DRY HANDS
- GERMS CAN STAY ALIVE ON HANDS FOR UP TO THREE HOURS

After the Last Sniffle or Cough

You may not be sick or contagious anymore, but your germs from two days prior (when you were sick) could still be alive...

Germs can live on objects for up to 48 hours, depending on the germ and its environment. If healthy people touch an infected surface, then touch their eyes, nose, or mouth, they could get sick, too. Here's what you can do:

→ **Wipe all surfaces** such as bedside tables, books, bathroom and kitchen counters, toilets, other hand-held electronics, and don't forget your keyboard

→ **Wash linens** with laundry soap, and then tumble dry on a hot setting.

Don't put dirty laundry near your face. Wash your hands with soap and warm water for 15-20 seconds after handling dirty laundry or used tissues.

→ **Toss disposable personal care items** such as your toothbrush, disposable contact lenses, razor blades, and mascara.

La La La!!! Sing Away Stress

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When you listen to music of your liking, it changes your state of mind: you tend to forget your surroundings and are immersed in the sea of sounds. It is like you have entered another world, free of tensions, anxieties and many other petty things of life. Listening to music decreases the levels of adrenalin and increases those of serotonin. These conditions are associated with meditative states or when you are going through a creative period. When dealing with stress, the right music can actually lower your blood pressure, relax your body and calm your mind. So put on your headphones, switch on your iPod, and just relax!

Make sure to follow the teams that are participating in the MC Fit for Life Challenge by following their progress on Gateway! (Click on organizations, choose MC Fit for Life & look under the tab "dashboards.")

And pay particular attention to Scale Busters because they are probably cheating...

"Friendship is a single soul dwelling in two bodies."

Aristotle