

# Toilet Talk

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With a new day comes  
new strength and new  
thoughts.

-Eleanor Roosevelt

## Healthy Hand Washing!

National Hand Washing  
Awareness Week Dec. 2<sup>nd</sup>-8<sup>th</sup>

Keeping your hands clean is an important part of preventing the spread of illness. Our hands constantly come in contact with germs which can be spread from person to person. To avoid the spread of germs follow these easy hand washing principles!

1. Wash your hands before you eat.
2. Do not cough or sneeze into your hands.
3. When washing your hands with soap and water is unavailable, use an alcohol-based hand sanitizer to clean your hands.

Be sure to use these tips during hand washing awareness week and continuing into the future!

## Finals! Finals! Finals!

It's time! Finals week is upon us and brings along all the anxieties that come with it. Luckily, Health Services has a few tricks to keep the stress under control with some helpful study tips:

1. **Study in advance.** Avoid the last minute cram sessions and all-nighters by studying at least a week ahead of time.
2. **Take a break.** Give your brain some time to refresh! But don't take too long...
3. **Put away all electronic devices.** You cannot effectively study when you are distracted. Turn off your cell phone and log off your Facebook so that you can be completely focused.
4. **Keep all of your study materials in front of you.** Have your textbook, notes and study guides in front of you so you can refer to them at any time.
5. **Get a good night's sleep.** Allow yourself enough time to study so that you can be sure to get 8 hours of sleep the night before an exam.

## AIDS Awareness Month

AIDS is Acquired Immune Deficiency Syndrome and is the final stage of HIV. Millions of people around the world are living with HIV/AIDS, including some children under age 15. It is the sixth leading cause of death among individuals between 25-44. This virus attacks the immune system and makes it difficult for the body to fight off common infections that are usually not fatal. There are three ways in which the disease can be transmitted – sexual contact, blood or mother to child. There is no cure for AIDS at this time but there are treatments which can subdue the symptoms and lengthen one's lifetime.  
<http://www.ncbi.nlm.nih.gov>



*Happy Holidays  
Manchester!*