



Toilet Talk

Flu Season Is On Its Way!

It's that time of year-- Flu Season is coming. Keep Manchester protected against the flu by making sure to wash your hands! You can infect yourself with germs by touching your eyes, nose or mouth and can be spread through hand-to-hand contact. Washing your hands is one of the best ways to avoid the spread of germs, but when should you wash your hands? It's not just a restroom thing!

Be sure to wash your hands:

- ✓ After using the bathroom
- ✓ After touching animals
- ✓ Before eating
- ✓ After blowing your nose
- ✓ After coughing or sneezing in your hands
- ✓ Before inserting or removing contact lenses

Hand washing versus hand sanitizer?

Although hand sanitizer is effective in killing germs, it does not kill all germs that could be on your hands. Hand washing with soap and warm water for at least 15 to 20 seconds is the best option for killing germs.

To keep yourself protected against the flu, get the flu vaccine (which is available at the Health Fair and in Wellness Services)!

For more information, visit
<http://www.mayoclinic.com/health/hand-washing>.

Just for the Health of It!

It's time for the MU Health Fair!! This year's health fair will be on **October 8th from 7 am to 11 am in the Upper Union**. Students, faculty, staff, retirees and their immediate families are all welcome!

Activities and Services Provided:

- ❖ Zumba Club – demonstrations
- ❖ Yoga Club – demonstrations
- ❖ Athletic Training – CPR demonstrations
- ❖ Violet Lewis Herbs – Iridology
- ❖ College of Pharmacy and Funderburg Library – Health Information Resources on the Internet
- ❖ Sleep Lab Information
- ❖ Lab Work
- ❖ Bone density screening
- ❖ Stress Management
- ❖ Spartan Steps Running Club
- ❖ Door Prizes and Much More!

Make sure to stop by on **October 8th** in the Upper Union and have fun while staying healthy!

- Cash and checks only for lab work or you can use your health savings account to cover costs.
- Attending Health Fair is worth 1 point on the wellness card

★Also come check out our Secret Booth (Shh-- it's a surprise)!★

Just for fun!

- Yesterday I accidentally swallowed some food coloring. The doctor says I'm OK, but I feel like I've dyed a little inside. -

Have a wonderful day! ☺