



Manchester University

Toilet Talk



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AIDS Awareness Month

December is AIDS Awareness Month. Did you know that 1.1 million individuals were enrolled in lifelong treatment and care just last year?

AIDS stands for Acquired Immunodeficiency Syndrome. This disease is acquired after birth and effects the overall health and function of your immune system, which leaves individuals at risk for opportunistic infections that can be fatal. AIDS is the final stage of the HIV infection. HIV/AIDS can be transmitted through sexual contact, injection drug use, breast feeding, occupational exposure, and blood transfusion/organ transplant. HIV is NOT spread by air or water, insects (including mosquitoes or ticks), saliva, tears, sweat, casual contact (shaking hands, hugging or sharing dishes/drinking glasses), drinking fountains, or toilet seats. About 1 in 4 new HIV infections is among youth ages 13 to 24; most of these youths are unaware they are infected and can unknowingly pass the virus on to others. Knowledge and prevention are the keys to stopping the spread of HIV. Choosing less risky sexual behaviors and talking to partners/family/friends is a vital step in preventing HIV and AIDS.

For more information, please go to <http://www.aids.gov> and <http://www.aidsalliance.org/>

“Life is like riding a bicycle. To keep your balance, you must keep moving.”

-Albert Einstein

Got Vitamin D?!

Vitamin D has an important role in maintaining a healthy body. It helps reduce inflammation, build bones, regulate neuromuscular control, and has a significant role in the function of the immune system. Most individuals receive some of his or her vitamin D requirements through exposure to sunlight. This time of year our exposure to sunlight is limited and our vitamin D consumption through food becomes more important. Common foods that contain vitamin D are salmon, orange juice, milk, yogurt, eggs, tuna fish, and cheese. Because vitamin D has a significant role in the function of the immune system, vitamin D deficient individuals may be at risk for illnesses such as the common cold and the flu. To stay healthy this winter, make sure you consume plenty of vitamin D and keep your immune system going strong! ☺

For more information, visit <http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/#5>

Spread the Word NOT Germs!

It's National Hand Washing Awareness Week! Washing your hands properly and effectively is the first line of defense in the prevention of spreading germs that can cause illnesses such as the flu or the common cold. The four principles of hand washing, according to an infection prevention specialist, is to 1) wash your hands when they get dirty and BEFORE eating, 2) DO NOT cough into your hands, 3) DO NOT sneeze into your hands and 4) avoid putting your fingers into your eyes, nose or mouth when they may be contaminated. The proper way to wash your hands is to use warm water AND soap for at least 20 seconds to effectively kill any illness-causing germs.

For more information, go to <http://www.henrythehand.com/healthful-tips/hand-awareness/>

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