



Toilet Talk



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Get the Facts About Distracted Driving!

April is National Distracted Driving Awareness Month!

Distracted driving is any activity that could divert a person's attention away from the main task of driving. Types of distractions include texting, use of a cell phone or smart phone, eating and drinking, talking to passengers, grooming, reading, using a GPS, adjusting the radio or CD player, etc. Drivers in their 20's make up 27 percent of the distracted drivers in fatal crashes. Approximately 660,000 drivers in America use cell phones or manipulating electronic devices while driving at any given moment. Five seconds is the average time your eyes are off the road while texting and when traveling at 55 mph, that is enough time to cover the length of a football field! Texting requires visual, manual and cognitive attention which makes it by far the most alarming distraction. Distracted driving has become such a prevalent issue that now there are state laws in Indiana banning ALL cell phone use (including hands-free cell phone use) for all drivers under age 18 and texting is banned for drivers of all ages. Distracted driving is extremely dangerous! Be smart, be safe and keep your eyes on the road!

For more info, go to <http://www.distraction.gov>

Spring Clean Your Dorm Room!

Feeling overwhelmed with the end of the semester drawing near? Try spring cleaning! Spring is the perfect time to dust off everything and get organized in preparation for finals and the end of the semester. Open your windows, get some fresh air, and follow these spring cleaning tips to help you feel refreshed and organized before finals week:

- ✓ **Restock your cleaning supplies – and use them!**
- ✓ **Scrub down those overlooked areas such as walls, door frames, surfaces under furniture, etc.**
- ✓ **Reorganize your closet, desk space and book shelves.**
- ✓ **De-clutter – find a specific place for everything!**
- ✓ **Freshen up your bed – wash your blankets and comforters.**

For more spring cleaning tips, please visit
<http://thetoyokeuloop.com/>



Alcohol Awareness Month!

April is alcohol awareness month!

Alcohol is widely available and aggressively promoted throughout society. It is the most commonly used and abused drug among youth in the United States. Even though alcohol is illegal for individuals under the age of 21 is illegal, people aged 12 to 20 drink 11% of all alcohol consumed in the United States. Hundreds of people die each year from acute alcohol intoxication – known as alcohol poisoning or alcohol overdose. Thousands are emitted into emergency rooms because of this condition and is becoming increasingly common on college campuses. Drinking too much too fast can kill you and it is important for you to recognize alcohol poisoning symptoms in order to prevent a tragedy. Signs and symptoms of alcohol poisoning includes:

- Unconsciousness or semi-consciousness
- Slow breaths of eight or less per minute
- Cold, clammy, pale, or bluish skin
- Most signs and symptoms are accompanied by a strong odor of alcohol

If you encounter a person who portrays one or more of these signs and symptoms, seek medical care. Turning the intoxicated individual on his or her side to prevent choking, if the individual would vomit, can also be extremely helpful. Alcohol poisoning is a medical emergency. Don't hesitate to seek medical care!

For more information, go to www.ncadd.org

"You yourself, as much as anybody else in the entire universe, deserve your love and affection."

-Unknown Author-

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Questions? Comments? Contact us at HealthServices@manchester.edu