



Toilet Talk



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Get the Mosquito Facts!

Camping trips are not the only times to worry about bug bites. Mosquitos pose an increased threat during the summer because the amount of clothing covering people's skin decreases. While insect repellent is a powerful tool to have, some mosquitos may become resistant to the repellent so be sure to keep that in mind! Here are some fun facts concerning mosquitos as you prepare for the summer months:

- Not all mosquitos bite – of those who do, only the females bite humans.
- Mosquitos like carbon dioxide – they are drawn to individuals who exhale higher levels of carbon dioxide.
- Active, fidgety people, or people who are drinking alcohol produce more carbon dioxide that attracts mosquitos.
- Dark clothing has been shown to attract some species of mosquitos.
- The average mosquito takes in 5-millionths of a liter of blood during feeding.
- Smelly feet are attractive to certain mosquito species.

Beat the Heat!!

Did you know that your risk for melanoma doubles if you've had just five sunburns in your life? Sunburns are quite common this time of year and it is important for you to know how to prevent this skin-damaging condition! Practice safe sun by wearing sunscreen that protects against both UVB and UVA rays, wide-brimmed hats and staying out of blistering midday rays. Already have a painful sunburn?? Follow these at-home tips to treat your sunburn:

- Drink water or juice to replenish the fluids you lost while sweating in the hot sun.
- Soak the burn in cool water for a few minutes or put a cool, wet cloth on the affected area.
- Take an over-the-counter pain reliever, such as Tylenol or ibuprofen.
- Apply an antibiotic ointment or an aloe cream that will soften and soothe the skin.

For more info, go to <http://www.webmd.com/skin-problems-and-treatments/>

“Live for what tomorrow has to offer, and not what yesterday has taken away.”

~Unknown~

Picnic Poisoning

Food poisoning heightens during the summer months and over 300,000 individuals are sent to the hospital for food poisoning symptoms every year. Food poisoning happens when bacteria get into food or drinks and once these germs get into an individual's body, some of them release toxins. These toxins are poisons that can cause diarrhea and vomiting. Doctors often use food poisoning to describe an illness that comes on quickly after eating contaminated food. People can experience diarrhea and vomiting within a few hours or even a few days after exposure. The main concern with food poisoning is dehydration – when an individual is experiencing symptoms of dehydration, they must seek medical treatment as soon as possible because this complication can be fatal. At home treatment for food poisoning includes plenty of rest, drinking fluids to prevent dehydration, taking small & frequent sips to keep fluids down, avoiding solid foods and dairy products, and NOT taking anti-diarrhea medications. In order to prevent this illness, one must always wash their hands thoroughly, clean all cooking utensils, do not eat any foods past their expiration date, cook all foods properly, and refrigerate left overs!

For more information, please visit

http://kidshealth.org/parent/infections/stomach/food_poisoning.html#

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