

Toilet Talk

Manchester University

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Summer Health Myths Debunked!

- You do not have to wait a half hour after eating before you can swim safely! – An episode of drowning caused by a full stomach has never been documented. It may be uncomfortable but not life threatening.
- Sunburns will NOT fade into a tan. Sunburns will only result in skin damage, redness and peeling.
- The seeds of a watermelon will not germinate and grow in your stomach if you swallow them.

“Even if you are on the right track, you’ll get run over if you just sit there.”

-Will Rogers-

(Safe) Fun in the Sun!

The sun’s rays may feel good on your skin, but these rays can be very harmful to your skin. Too much sun exposure causes wrinkles, age spots, and is the top cause of skin cancer. Being outdoors and being in the sun is a healthy, fun activity; however, safety precautions must be taken for you to have the healthiest experience this month! Follow these helpful tips to prevent sunburn and protect your skin:

- **Wear sunscreen with an SPF of 30 or higher every day, in all weather. Apply sunscreen 15 minutes before going outside and reapply at least every two hours.**
- **Wear sunglasses, wide-brimmed hats, and loose fitting, light colored clothing.**
- **Avoid being out in the sun when the rays are the strongest, which is between 10 am and 2 pm.**
- **Check your skin regularly for any suspicious changes.**
- **Do not use tanning beds.**

Keep your skin healthy this July and have safe fun in the sun!! ☺

For more information, please go to <http://www.webmd.com/beauty/sun/sun-safety-tips>.

Test the waters...

Summer is the perfect time to get outside and cool off in the water; however, many summer injuries occur in and around the water. It is a good idea to always wear a life jacket, especially when swimming in large bodies of water and when on a boat or riding a jet ski. When around or swimming in water, it is important for you to obey all the posted rules and regulations, never swim alone, do not dive in shallow water, and watch for the onset of bad weather. When at a water park, know how to swim, read all the signs and follow the directions when going on a ride and be aware of other riders to avoid collisions. When boating and jet skiing, make sure to always wear a life jacket, obey state and local boating rules, stay alert to others in the water, know the weather forecast, and always make sure someone is knowledgeable of your whereabouts! Test the waters this month by using these safety tips and have a fun, safe July!

For more information, go to http://sitesmedia.s3.amazonaws.com/wellness/files/2010/06/Summer_Safety_Tips_-HBS1.pdf.

Brought to you by Wellness Services! ☺

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

