



Manchester University

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“Always laugh when you can. It is cheaper than medicine.”

- Unknown Author

Got H₂O??

Dehydration is a condition that occurs when the loss of body fluids, mostly water, exceeds the amount of fluids that are taken in. We lose water every day in the form of water vapor when we breathe, sweat, urinate, and losing water increases during the summer months. Losing too much water can be fatal. Know the signs and symptoms of dehydration and stay hydrated this August!

- Increased thirst
- Dry mouth and swollen tongue
- Weakness
- Dizziness
- Decreased urine output
- Confusion
- Inability to sweat

If any of these symptoms become severe, please seek medical care and remember to get your H₂O!

National Immunization Awareness Month!

August is National Immunization Awareness Month!

This month provides opportunities for individuals to raise awareness and discover the benefits of immunizations. Vaccines are an important step in preventing and protecting against serious diseases. Vaccines are recommended throughout our entire lives to prevent illnesses and diseases that we may be at risk for. Vaccines contain a killed or weakened strand of the illness and allows your immune system to produce antibodies against that particular disease.

- **Why Immunize?**
 - Some diseases are almost gone in the U.S. due to immunizations and these diseases are becoming rare because of vaccinations.
- **What about vaccine safety?**
 - The CDC is committed to ensuring that vaccines provided to the public are safe and effective. Every vaccine undergoes safety monitoring and is not only cleared once, but the vaccine is also continually monitored to ensure the safety of the individuals receiving these vaccines.

Vaccines don't just protect yourself, they also protect diseases spreading from person to person. If one individual in a community gets a disease, he or she can spread it to others who are not immune. However, receiving a vaccination for that disease greatly reduces the risk of individuals receiving and spreading infectious diseases.

For more info, please visit <http://www.cdc.gov/vaccines/>

Back-to-School!

Summer is winding down folks and it is time to get ready for the new academic year! Starting a new school year can be stressful, exciting, nerve-wracking, or all of the above! In order to stay on top of things and get ahead early, follow these helpful tips before kicking off the new school year!

- **Get organized: tidy up your desk or office.**
- **Buy new office or school supplies.**
- **Get a fresh new calendar for the new school year.**
- **Create a new and improved schedule.**



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Questions? Comments? Please contact us at HealthServices@manchester.edu