



Stay Well, Manchester College!



Toilet Talk

Issue 14
Back to School

It's Hot! Keep Yourself Safe from the Heat.

Summer is winding down, the school year is beginning, and students and faculty alike are trying to enjoy the rest of the summer outside. Whether you're practicing two-a-days or going for a casual stroll to the Peace Garden, we all must be careful not to let a heat-related illness spoil the day. Proper hydration is the most effective safeguard against heat-related illness. Remember, drink fluids throughout the day. The following tips can help for those who plan to workout:

- Two to three hours before exercise, drink at least 17-20 ounces of water/sports drink.
- Ten to twenty minutes before exercise, drink another 7 to 10 oz of water/sports drink.
- In general, every 10 to 20 minutes of working out requires about 7-10 oz of water/sports drink to re-hydrate. Remember to drink beyond thirst to maintain hydration.
- Recommended beverage temperature is around 50 °-59 °F.

- Fruit juices, carbohydrate gels, sodas and sports drinks that have carbohydrate levels greater than 8% are not recommended as the sole hydrating beverage.
- Beverages containing caffeine, alcohol, and carbonation are also discouraged because they can dehydrate the body by stimulating excess urine production and decreasing voluntary fluid intake.

What Can You Do to Protect Yourself Against West Nile Virus?

The answer's rather simple: Stay away from MOSQUITOES! West Nile virus (WNV) is a disease primarily spread through the bite of an infected mosquito that affects the central nervous system in humans and animals. Mosquitoes are carriers that become infected when they feed on infected birds. (www.naturalsciences.org)

Symptoms:

- *Most people will not develop symptoms or will experience a mild illness.
- *Some people may become ill 3-15 days after the bite of an in-

fecting mosquito. Symptoms may include fever, headache, body aches and sometimes a skin rash and swollen glands. *Infrequently, an infection may result in West Nile encephalitis, marked by headache, high fever, stiff neck, disorientation, muscle tremors and/or weakness, and paralysis. A small number of cases have been fatal.

Prevention:

- *Use a mosquito repellent that contains DEET and follow the label directions.

- *Always use just enough repellent to cover skin and clothing.
- *Wear a long-sleeved shirt, long pants and shoes when outdoors, especially from dusk to dawn.
- *Minimize outdoor activities between dusk and dawn when mosquitoes are most active. (Lagrange County Health Dept).

Gary's Conservation Tip

- ★ Keep doors and windows closed in rooms being air conditioned.
- ★ Set the thermostat to your comfort level. A lower setting will not make it cool faster....mom was right!

UPCOMING EVENTS	
NEW STUDENTS ARRIVE	27TH
FIRST DAY OF CLASSES	30TH
ACTIVITIES FAIR Mall 5-6:30 pm	31st
Remember to sign up for TGIF!	
MAC Kick-Off Weekend!	1st-3rd
Don't Forget! Make sure to update all required immunizations! Going on a Jan. Term trip? Find out what immunizations you need by contacting Health Services	

"Regret"
Film/Panel Discussion
Where: Manchester College Cordier Auditorium
When: Thursday, September 7th, 7:00 p.m.
Convo Credit!!
Sponsored by AACTION