



Stay Well Manchester College!!

Issue 17



Toilet Talk



Sniff, Cough, Achoo! It's That Time of Year

It's flu season, and 5–20% of Americans are subject to getting the influenza virus this season.

This respiratory illness is contagious and easily spread from person to person via coughing, sneezing, and direct contact. But have no fear, there are easy methods of prevention:

1. Wash hands frequently throughout the day.
2. If you happen to be sick, cover your mouth when

coughing...it is the least you can do for those around you.

3. Avoid extensive contact with those who are ill.
4. Call Health Services to schedule a time to receive a flu vaccination.

If you are experiencing high fever, fatigue, cough resulting in chest pain, sore throat, runny/stuffy nose, muscle aches and no improvement within 7 days, seek medical attention.

Gary's October Energy Conservation Tip

Remember to close the windows in classrooms, halls, stairwells, and residence halls, especially during these mild Fall days with cold nights. The campus heating plant may or may not be running and you could leave yourself with a chilly space.

A Bad Combination: Alcohol and It's Influence of Rape

Alcohol decreases your ability to communicate effectively, leading to unhealthy decisions about sex, including unsafe sex, unintended pregnancy, date rape, or a sexually transmitted infection. Be responsible when drinking. If you are under 21 and drinking, you may face legal and academic consequences.

*One study showed 26% of men acknowledged they had committed sexual assault while intoxicated at the time. An additional 29% reported being mildly intoxicated, resulting in a total of 55% under the influence of alcohol.

*In the same study 21% of the college women who experienced sexual aggression on a date were intoxicated at the time of the assault, and an additional 32% reported being mildly intoxicated, resulting in a total of 53% under the influence of alcohol.

*Nearly 50% of rapists attack women between the ages of 15 and 24. Most rapes are planned. For example, the person plans to drink with you, get you intoxicated, and then take advantage of you.

<http://www.montana.edu/wwwai/imsd/alcohol/Vanessa/vwrapfactsheet.ht>

FOR YOUR INFORMATION...

- **October 25**—OVS Volunteer Fair 5-6 pm in Wine Recital Hall Lobby. Enter to win a Best Buy Gift Cert.
- **Oct. 31**- All Hall Trick-or-Treat 6-8 pm
- **November 16**—Great American Smokeout

ACHOO! Get 15 TGIF points for receiving a flu shot. Contact Health Services for more information. Cost is \$12.