



Stay Well, Manchester College!!

Issue 22



Toilet Talk

Having fun this Spring Break



As spring break approaches, one can't help but think of hanging out in the sun and drinking a cold beer or mixed drink (assuming you're of age) right? Just remember that alcohol and sun exposure can increase your chances of dehydration. Warning signs of dehydration include weakness, dizziness, and infrequent urination. To avoid the possibly serious consequences of alcohol use remember:

- Don't drink on an empty stomach. Instead of refusing to buy the \$4.50 hot dogs on the beach, pack some of your own snacks in preparation.
- Alternate between alcoholic and non-alcoholic drinks. Remember that sodas and high-sugar drinks do NOT hydrate you enough. Stick to low-sugar drinks, e.g.—Gatorade, water.
- Limit alcohol consumption to 1 drink per hour.
- NEVER mix alcohol with drugs! This includes over the counter, prescription, and illegal.
- Don't pressure anyone, including yourself, to drink more. Know your limits.
- As always, never drink and drive. Record the number of a local taxi service in your cell phone or wallet when you first arrive.

What about alcohol and sex? Alcohol levels decrease social inhibitions. That's a good thing, right? **WRONG!**

- Young adults are more likely to have unprotected sex when they drink. This can lead to pregnancy and/or sexually transmitted infections.



FROSTBITE: Protect Yourself from the Cold

Frostbite is freezing of the skin or underlying tissues caused by prolonged exposure to cold.

The Three Levels of Frostbite are:

- **First degree:** There is numbness and whitening of the skin.
- **Second degree:** Outer skin feels hard and frozen, but tissue underneath has normal resiliency.
- **Third degree:** Skin is white or blotchy and blue. Skin and tissue underneath are hard and cold.

What can be done for frostbite?

- Get out of the wind and cold, if possible.
- Don't re-warm the area if it may become refrozen. Get to shelter first.
- If there is hypothermia—shivering, pale skin, apathy, confusion—treat it first. Warm the person with your own body heat by wrapping blankets or a sleeping bag around both of you. Hypothermia can be life threatening.
- Once you are out of the cold, warm small areas with warm breath or by tucking hand or feet inside warm clothing next to bare skin. If possible, immerse the frozen part in warm (100-105°F) water for 15 to 30 minutes until the body part is warm and red.

How to prevent frostbite

- Stay dry and out of the wind.
- Wear layers of insulating clothing such as polypropylene and wool.
- Wear windproof outer layers and waterproof boots.
- Wear a hat and mittens.
- Keep extra clothing and blankets in your car in case of a breakdown.
- Avoid drinking alcohol or smoking when out in extreme cold.

Join the Health Services team as a **Student Health Assistant!**

If you have an interest in medicine or health care, get practical experience before entering professional school. Applications are available from Human Resources.

- March 7 Discussion Day (No Classes!)
- March 9 Dean's Student Symposium
- March 10-11 Little Siblings Weekend
- March 16 End of First-Half Semester
- March 17-25 Spring Break
- March 26 Begin Second-Half Semester