



Stay Well, Manchester College!!



Toilet Talk



MARCH 2007

ISSUE 23

Safe Sex and Condoms

- Abstaining from sexual activities keeps you 100% safe from HIV and other STI's (sexually transmitted infections).
- Condoms are effective in protecting against some STI's and unwanted pregnancies.
- Condoms should only be used once and discarded properly in a waste receptacle.
- Water based lubrication should be used with condoms, not oil based, as the oil can deteriorate and weaken the condom.
- "Natural" or animal skin condoms contain tiny holes which may allow transmission of HIV or other sexually transmitted infections.
- Condoms are available FREE in the Health Services office on 1st floor of Calvin Ulrey; the condoms are donated by the Aids Task Force.
(<http://www.unesco.org/education>)

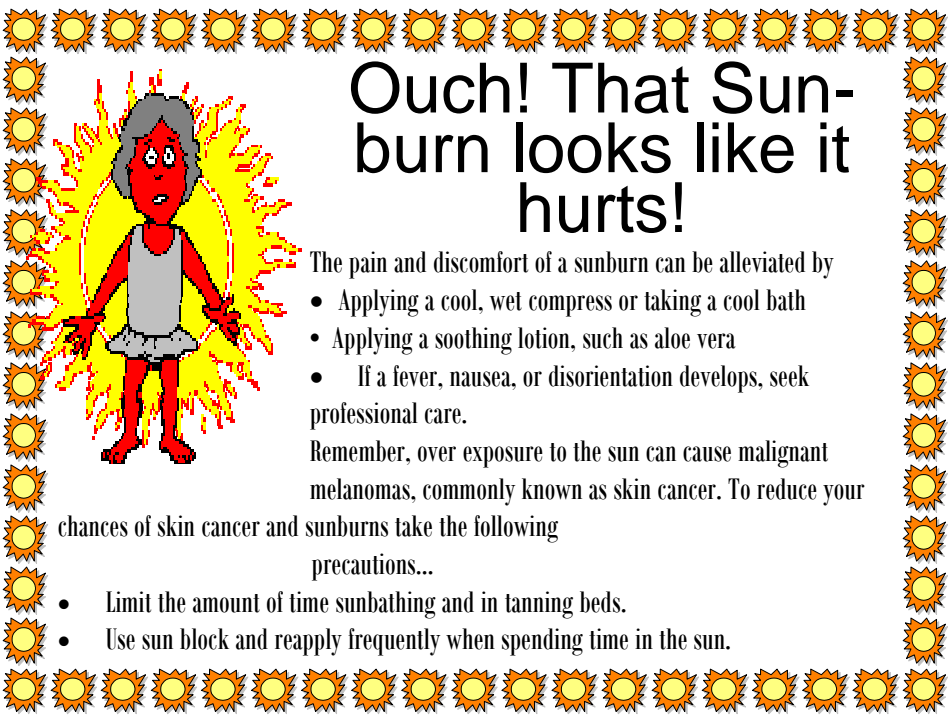


Upcoming Events

- March 17-25 Spring Break
- April 1-15th Annual Walk-a-thon
- April 12 HIV Testing: Free & Confidential!

April Walk-a-Thon For Fitness!

- ◆ Keep track of the time you spend walking, not the distance
- ◆ Challenge your friends, your floor, your residence hall, your girlfriend, your boyfriend, or even the entire campus!
- ◆ Submit your walking time to Health Services and you become eligible for rewards and prizes.
- ◆ The more time you spend walking, the better you will look in that swimsuit for summer!!!
- ◆ More information to come in later Toilet Talks.



Ouch! That Sunburn looks like it hurts!

The pain and discomfort of a sunburn can be alleviated by

- Applying a cool, wet compress or taking a cool bath
- Applying a soothing lotion, such as aloe vera
- If a fever, nausea, or disorientation develops, seek professional care.

Remember, over exposure to the sun can cause malignant melanomas, commonly known as skin cancer. To reduce your chances of skin cancer and sunburns take the following precautions...

- Limit the amount of time sunbathing and in tanning beds.
- Use sun block and reapply frequently when spending time in the sun.