



Stay Well, Manchester College!!

Issue 9



# Toilet Talk

## SPRING BREAK and Your SAFETY

### Keep Walking!!

Remember to continue to challenge yourself and others through fitness walking. Walking/running totals need to be submitted by April 7th to be eligible for individual prizes. Submit to healthservice@manchester.edu

### Spring Break!!!

March 20-24  
Classes resume the 27th of March

### Alcohol Statistics

- 41% of all traffic fatalities are alcohol related
- 2/3 of the population consumes alcohol, but 10% of drinkers drink half of all the alcohol consumed.

Source: Narconon Southern California, Inc.

Spring break can be a lot of fun if you follow these safety tips...

### Sun Safety

The UV rays from the sun can cause sunburn, skin aging, wrinkling, cataracts, and contributes to skin cancer. To avoid the harmful effects of the sun follow these basic preventative steps:

- \* Avoid sun exposure during the hottest hours (10am-4pm).
- \* Avoid over exposure—limit your time in the sun.
- \* You CAN get a sunburn even if it's cloudy.
- \* Apply sunscreen with an SPF of at least 15 paying special attention to the face, ears, nose, and shoulders.
- \* Re-apply sunscreen after swimming and sweating.
- \* Wear sunglasses with UV protection.

\* Drink plenty of water, non-carbonated, and non-alcoholic drinks, even if you do not feel thirsty.

### Alcohol Safety

Don't drink, but if you are of legal drinking age and you do decide to drink:

- \* Don't drink too much!
- \* Decide in advance what and how much you will drink.
- \* Plan on how you will refuse once you reach your limit.
- \* Be aware of alcohol poisoning. Never leave intoxicated members of your group alone. If they pass out, make sure they sleep on their side to prevent choking, and if their level of consciousness is too low to get a response, call 911.
- \* Know what will happen if you violate state and local laws.

\* DO NOT DRIVE! Use a designated driver or choose public transportation.

### Tattoo or Piercing Safety

Getting a tattoo or piercing with an unsterilized needle can lead to serious infections—including hepatitis B and C, and HIV. Follow these steps to reduce risk:

- \* Only use a professional tattooist or piercer
  - \* Make sure they sterilize all equipment.
  - \* They should use a new, disposable needle for each customer.
  - \* Tattoo inks should not be shared or reused.
  - \* Do not get pierced with a piercing gun.
- (Making Good Decisions— Mardi Richmond)  
(<http://goflorida.about.com>)



Brought to you by Health and Counseling Services.

Sponsorship provided by Mental Health Association and AACTION (Against Alcohol, Controlled substances, and Tobacco In Our Neighborhoods).