



Stay Well, Manchester College!

Issue 2
September



Toilet Talk

UPCOMING EVENTS

SCIENCE SYMPOSIUM 16th
Cordier 10am

SCIENCE CENTER DEDICATION 16th
3:30 p.m.

PRESIDENTIAL INAUGURATION 17th
Cordier 1:30 p.m.

CAMP MACK DAY 21st
(no classes)

Show Your Support
Faculty & Staff
Softball Game!

Don't Forget!
TGIF is giving away
Camp Mack Points!



PARENTS & FAMILY WEEKEND 30th - 1st

Colds: When should you seek professional help?

Colds can be caused by at least 5 different types of viruses; of which, there are over 100 different strains. When a virus infects a human cell, it uses the cell's machinery to replicate itself. In this, and many other, respect(s), viruses are different from bacteria. Bacteria are complete cellular organisms that can reproduce themselves, giving scientists the ability to target them separately from the host's cells and kill them with antibiotics. Designing medicines that kill viruses without harming human cells is difficult. To

date, there is no medicine that can cure infection from cold viruses. Fortunately, your body's immune system has a specific response to whatever cold virus you have. It usually clears the infection within 7-14 days. **HOWEVER**, if you have any of the following symptoms, seek medical attention:

- A temperature over 101°F for more than 72 hrs.
- A cough associated with pain in the chest
- Shortness of breath

- Persistent sore throat, especially without the runny or stuffy nose typical of a cold
- An extremely red throat
- No improvement within 7 days
- Severe headache with a fever
- Worsening pain in one or both ears
- Any chronic medical condition, such as asthma or diabetes, which may complicate a cold

What You Can Do to Protect Yourself Against West Nile Virus

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 infected 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).

Alcohol Awareness

- Visit <http://www.brad21.org> and find helpful tips on how to control your blood alcohol concentration, BAC, what effects occur at certain BAC's, and other helpful information on alcohol awareness. Remember: A respiration (breathing) rate lower than 8-10 per minute is a medical emergency. Call 911.

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).