



TOILET TALK



Manchester University

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Spread the Word Not the Germs

National Handwashing Awareness week takes place December 6th through December 12th. This week is set in place to spread the word about the importance of handwashing. Bacteria lives in every nook and cranny imaginable, even on your hands! Since we do almost everything with our hands, we expose our hands to more bacteria than any part of our body. In order to prevent sickness, it's important to follow the four principles of hand awareness:

- ✎ Wash your hands when they are dirty and BEFORE eating
- ✎ DO NOT cough into your hands
- ✎ DO NOT sneeze into your hands
- ✎ Above all, DO NOT put your fingers into your eyes, nose or mouth

DO wash your hands when you're done using the bathroom!

For more information, go to

<http://www.henrythehand.com/#sthash.xsShwLzX.dpuf>

World AIDS Day

December 1st is recognized around the globe as a way to support the fight against HIV/AIDS. The U.S. government theme for World AIDS Day 2015 will be "The Time To Act Is Now." This theme is in light of the release of the United States' updated National HIV/AIDS strategy and our country's commitment to achieving an AIDS-free generation.

Students should not only inform themselves about HIV/AIDS but also may need to be tested if they have had unprotected sex, have another STI, have had multiple partners, use intravenous drugs, or are an uncircumcised male. Symptoms may not arise for years upon contracting the disease, which is why the only way to diagnose someone with HIV/AIDS is to get them tested.

AIDS Task Force offers FREE 20 minute oral HIV tests and is located at 525 Oxford Street Fort Wayne, Indiana.

For more information, please visit

<http://www.aidsfortwayne.org/>



*"In every life we have some trouble
When you worry you make it double
Don't worry, be happy"*



-Bobby McFerrin

De-Stress For Finals

During the final week of the semester, every student can feel the impending doom of the major tests that come with the end of the year. The key to studying for finals is to make your health and sanity a priority over staring at pages upon pages of notes. Try fitting these de-stressors into your daily schedule during finals week:

- * Keep some energizing snacks on hand
- * Work off stress with some exercise
- * Take a moment to pamper yourself so you can feel refreshed and at peace
- * Take a 30-minute snooze to reenergize during the day (not included in 8 hours of nightly slumber)

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"Stress management is for wimps!"

Brought to you by Wellness Services! ☺

Questions? Comments? Please e-mail us at HealthServices@manchester.edu