

# "POTTY TALK"

## Welcome Back!!!



*Potty Talk is a monthly newsletter provided by The Wellness Center. Every month it provides various health and wellness information that is relevant to students like you! It's posted in residence hall and Malley Center bathrooms, online at [www.scu.edu/wellness](http://www.scu.edu/wellness), and is also available in the Wellness Center and in Benson for free.*



### H1N1—It's No Fun!

#### What are the symptoms of H1N1 virus in humans?

The symptoms of the H1N1 virus in people are similar to the symptoms of the regular flu, and may include fever, lethargy, lack of appetite, coughing, runny nose, sore throat, nausea and/or vomiting and diarrhea. Please call the Cowell Student Health Center (408-554-4501) if you have any flu-like symptoms.

#### I got the flu shot this year? Won't that protect me?

No. The H1N1 virus is very different from regular seasonal flu viruses and, therefore, the vaccine for human seasonal flu would not provide protection from H1N1 virus.

The H1N1 vaccine should be ready by late fall. For more information, visit: [http://www.cdc.gov/h1n1flu/vaccination/public/vaccination\\_qa\\_pub.htm](http://www.cdc.gov/h1n1flu/vaccination/public/vaccination_qa_pub.htm)

#### Here are everyday actions people can take to stay healthy:

- Get plenty of **rest** (aim for 7-9 hours each night; avoid all-nighters), **eat well**, **exercise** regularly and in moderation, and drink plenty of **water**.
- Wash your hands often with **soap** and **warm water** for **20 seconds** (**sing "Happy Birthday" twice in your head—or out loud if you want to serenade your friends**), especially after you cough or sneeze, after using the restroom, and before you eat. Alcohol-based hand cleaners are also effective.
- Avoid close contact with sick people (6 feet is the best distance).
- **Don't share!** It's nice to share, but not in this case! Use your own utensils, water bottles, etc.

#### What to do if you do get sick:

(For additional self-care information, see:

<http://www.scu.edu/cshc/upload/H1N1handout.pdf>)

- **Don't touch** your eyes, nose, mouth, etc. Avoid touching your face unless your hands are clean.
- **Call Cowell Student Health Center** at 408-554-4501. They will be able to advise you about your symptoms, whether you need to come in, and best steps to take. They may also be able to prescribe you medication to help you get well faster.
- **Self-Isolate.** Keep away from everyone for at least 24 hours after your fever is gone. You shouldn't have visitors at your dorm room/home while you're sick. Don't go to class, work, parties, etc. You don't want to chance getting others sick.
- **Drink** plenty of fluids to stay hydrated. Avoid smoking or drinking alcohol.
- **Avoid public transportation.** It's easier to spread germs if you're in a crowded bus or subway. If you must travel, try taking a **taxi** or have a friend drive you.
- Cough or sneeze into **your sleeve**, being careful to cover your nose and mouth completely. **Check out the hilarious video on the Wellness Center's website!**

#### Recommendations Can Change!

Visit the Cowell Student Health Center's Website [www.scu.edu/cshc/](http://www.scu.edu/cshc/) for updates about the H1N1 virus and the university's response.

For more detailed information from the CDC, visit:

<http://www.cdc.gov/h1n1flu/qa.htm>

### What is Potty Talk?

"Potty Talk" is a monthly Health and Wellness newsletter created by the Health Educator at the Wellness Center at Santa Clara University.

This newsletter is distributed in bathroom stalls around campus (hence the name "Potty Talk") as a means to reach students and educate the campus community on topics relevant to college students such as:



Alcohol & Drug Use	STIs & Sexual Health
Stress	Eating Disorders
Relationships	Dating Violence
Nutrition	Exercise

#### And many more!

Look for monthly issues on campus or check us out online at: [www.scu.edu/wellness/pottytalk.cfm](http://www.scu.edu/wellness/pottytalk.cfm)

"Potty Talk" is brought to you by the Wellness Center

Alison Bateman, Ph.D., Health Educator

408-554-4409; [www.scu.edu/wellness](http://www.scu.edu/wellness), or [ABateman@scu.edu](mailto:ABateman@scu.edu)



### Safety Tips for Residence Hall Living

1. Be aware of people who do not "belong" in your halls. Report any suspicious people to Campus Safety (x4444).
2. Never prop outside doors open, even for a few minutes.
3. It may seem harmless, but don't post any contact info (cell phone numbers, etc.) or notes on your door memo board saying where you are or what your schedule is. This could invite unwanted and even dangerous attention. Leave that info with your roommate inside.
4. Always tell others where you are going and with whom you are going. Always go to parties with others and watch out for each other.
5. Don't attach your ID or room number to your keys.



### KNOW THE CODE: 0-1-2-3

This "Code" is a good guide for being safe if you choose to drink. Remember: It is illegal to drink if you are under 21.

**0 = Sometimes zero drinks ARE your best option. Listen to your instinct! Don't Drink . . .**

- If you're under 21 (more consequences if you drink underage)
- If you have to drive
- If you haven't eaten
- If you have a low tolerance
- If you have a strong family history of alcoholism
- If you're drinking to "escape" negative feelings



**1 = No more than one drink per hour (12 oz beer, 5 oz wine, 1.5 oz shot).**

- That's all your liver can handle at any one time.

**2 = Limit your drinking to no more than two times per week.**

- High-risk drinkers consume alcohol three or more times per week.

**3 = No more than three drinks in one day.**

- People who drink to get drunk are at higher risk for problems.
- Studies show that people who drink four or more drinks in a day are at a greater risk for developing an alcohol problem.

And remember to ALWAYS... "Party with a Plan!"

Source: [www.partywithaplan.org](http://www.partywithaplan.org)

### Cough Safe!

"Why Don't We Do It in Our Sleeves?" is a short, funny, & informative video posted on the Wellness Center website ([www.scu.edu/wellness](http://www.scu.edu/wellness)) and it answers this very question! Watching this video (trust us, its funny!) will give you insight into why coughing or sneezing into one's sleeve is the best way to do so, and is one of the best ways to prevent passing one's cold/flu on to someone else!

Source: [www.coughsafe.com](http://www.coughsafe.com)



### Important Wellness Center Information

All Wellness Center Services are Free and Confidential

**WHERE?** The Wellness Center is located in the Pat Malley Fitness & Recreation Center

**WHO?** Services are available to all registered Santa Clara University students.

**WHEN?** Our office hours are Monday – Friday, 9:00 A.M. – 5:00 P.M.