

UW-Marathon County Library Restroom Reader

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Did you wash your hands? With soap?



It is important that you try to stay healthy during the semester both physically and mentally

There are all kinds of tests in college—beyond those you take for a grade. Examples include

- Social and sexual pressures.
- The temptation of readily available alcohol, drugs, and unhealthy food.
- The challenge of getting enough sleep.
- Stress from trying to balance classes, friends, homework, jobs, athletics, and leadership positions.



The following tips and information can help you stay safe and healthy in college:

Eat Healthy! It's all about balance. You don't have to give up "comfort" foods like pizza. You just need to eat them only once in a while and balance them out with healthier foods and more physical activity. Eat plenty of fruits and vegetables; eat fewer foods high in calories, saturated fat, salt, or added sugar; and don't go on crash diets.

Get Adequate Sleep Not getting enough sleep puts teens and young adults at higher risk for car crashes, poor grades and performance in school, depressed moods, and problems with peer and adult relationships.



Avoid Substance Abuse Binge drinking (having four or more drinks for women or five or more drinks for men over a short period of time) is a risk factor for risky sexual behavior, unintended pregnancies, HIV and other sexually transmitted diseases, car crashes, violence, and alcohol poisoning.

Maintain Mental Health Suicide is the 10th leading cause of death among Americans. Most people who engage in suicidal behavior never seek health services. Suicide is the 3rd leading cause of death among persons aged 15 to 24 years. **If you or someone you know is having a difficult time dealing with things or having suicidal thoughts, seek help in Student Affairs with our campus mental health counselors!**

Move It! You should get at least 2½ hours of physical activity a week. Regular activity helps improve your overall health and fitness. It also reduces your risk for many chronic conditions, such as high blood pressure, type 2 diabetes, and obesity.



Source: CDC College and Health Safety <http://www.cdc.gov/family/college/>

E-cigarettes & Vapor Pens Banned From Campus!

Electronic cigarettes and vapor pens are prohibited from use in campus buildings and outside as per Marathon County policy which states:



"In support of our commitments we have adopted this policy which prohibits the use of tobacco products in all County buildings and structures, on designated County property/grounds and in all County vehicles and equipment."

"The term 'tobacco products' includes cigarettes, cigars, pipes, chewing tobacco, tobacco free snuff and electronic cigarettes and shall have the meaning as defined in Section 139.75(12), Wisconsin State Statutes."

In just a recent four month time period (6/25/13-10/5/13) there were several consumer complaints about e-cigarettes reported to and documented by the U.S. Dept. of Health & Human Services such as:

- Hearing loss, Blurred vision, Erratic heartbeat, Blood clots
- Tubercular-sounding cough and increases in mucus and phlegm
- Recharging issues where the e-cigarette breaks and the hot coils spring out of the device causing burns and fires
- "2nd hand vapor" issues such as headaches, burning sensation in lungs, and eye irritation

Get Vaccinated The single best way to prevent the flu is to get a flu vaccine each season. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.



Avoid close contact Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.



Stay home when you are sick If possible, stay home from work, school, and errands when you are sick.

Cover your mouth and nose Cover your mouth and nose with a tissue when coughing or sneezing.

Avoid touching your eyes, nose or mouth Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby.



Source: CDC Stop the Spread of Germs <http://www.cdc.gov/flu/protect/stopgerms.htm>