



Manchester University

# Toilet Talk



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## Say Yes to H<sub>2</sub>O!

During the hot summer months, it's easy to dehydrate. Sweat evaporates faster and you may not even notice you are losing a large amount of fluids. Symptoms of dehydration include increased thirst, dry mouth, swollen tongue, weakness, dizziness, palpitations, confusion, fainting, inability to sweat, and decreased urine output. It is essential to replenish fluids and electrolytes if you experience any symptoms of dehydration. It is recommended that at least 9 eight-ounce glasses of fluid a day be consumed for women and 12 eight-ounce glasses of fluid for men. So, grab that refillable water bottle and stay hydrated this month!

For more information, please go to <http://www.webmd.com/a-to-z-guides/dehydration-adults>,

**"Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities – always see them, for they're always there."**

**— Norman Vincent Peale**

## Poison Ivy and Poison Oak

Poison ivy and poison oak are plants that cause a red, itchy rash referred to as allergic contact dermatitis and is quite common in the summer months. This rash is caused by direct contact with sticky oil (called urushiol) that is found in poison ivy and poison oak. Touching or brushing against any part of these plants or touching anything that has come into contact with these plants, which includes clothing, gardening tools, pet fur, etc., can all cause the allergic contact dermatitis. This rash is only spread through the oil produced from these plants, not through the rash itself. Symptoms of this rash include itching, redness or red streaks around affected area, and small bumps or large raised areas. Symptoms vary depending on the individual and individuals who are allergic to the oil can develop more serious symptoms such as swelling of the face, mouth or neck and widespread large blisters. If you start developing symptoms of a minor rash and have had contact with poison ivy or poison oak, here's what to do:

- Apply a wet cloth, or soak the area in cool water
- Use calamine lotion to help alleviate itching
- Do not scratch the affected area, this could cause a skin infection and make the rash worse

For more information, please visit <http://www.webmd.com/skin-problems-and-treatments/tc/poison-ivy-oak-or-sumac-topic-overview>

## National Immunization Awareness Month

August is National Immunization Awareness Month! This month provides opportunity for individuals to raise awareness and discover the benefits of immunizations. Vaccines are an important step in protection against and prevention of serious diseases and are not just for children. Vaccines are recommended throughout our entire lives. Vaccines contain the germs that cause disease, but they have been killed or weakened in such a way that will not make you ill. This allows for stimulation of your immune system to produce antibodies against that particular disease, which aids in developing immunity against that disease. All adults should receive the seasonal flu vaccine as well as a Td or Tdap vaccine, if he or she has not received this vaccine as an adolescent, and a Td booster shot every ten years; however, it is also recommended for adults ages 19 – 26 to also receive an HPV vaccine, which protects against the human papillomaviruses that causes the majority of cervical cancer, anal cancer, and genital warts, if he or she has not already. This vaccine is suggested for women up to 26 years of age and for men up to 21 years of age. Various other vaccines may be recommended depending on your job, school, or other lifestyle choices.

For more information, please visit <http://www.cdc.gov/vaccines/>

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