

## How to help prevent the spread of Swine Flu

- Wash your hands with soap and water.
- Use alcohol-based hand cleansers when you can't wash your hands.
- Avoid people who are ill.
- Stay away from class or work when you are sick.
- Use a tissue when you cough, sneeze or spit and dispose of tissue in a covered bin.
- Cleaning shared spaces such as phones, keyboards, steering wheels, desk tops, tables and doorknobs.
- Refrain from sharing personal items such as eating utensils, toothbrushes, drinks and towels.
- Avoid touching your eyes, nose or mouth to avoid getting infected by germs.
- Lastly, eat healthy and get plenty of rest and/or sleep.



**Karaoke!**  
Thursday,  
Sept. 17th  
8p.m.-12a.m.  
Campus  
Center Food  
Activity Court

**GROOVES & GRINDS**

# Toilet Talk

September 11, 2009

## Swine Flu (H1N1)

### Did You Know...

- ...Influenza A viruses can be found in more than just pigs, they can be found in seals, whales, ducks, chickens and horses.
- ...The swine flu is not spread through food, it is ok to eat pork products.
- ...Inadequate hand hygiene can spread other diseases besides the flu. It can spread food-related illnesses such as salmonella and E. Coli.

### Answer to Last Week's Question:

You should wash your hands for 20 seconds long to avoid catching the common cold and spreading other germs.

**Easy Tip on Living Laker Green:** The next time you go grocery shopping, come armed with a list, and then grab a basket instead of a cart: you'll avoid impulse buys consume less, spend less money and as a bonus, burn more calories.

**Question of the Week:** What percentage of SUNY Oswego students drink daily?

### Event of the Week:

Tuesday, Sept. 15th: Open Skate- \$1 with SUNY Oswego student, faculty or staff ID, \$3 for general public, \$2 skate rental fee. 7-8:30p.m. in the Campus Center Ice Arena.

**TIP: Buy yourself a thermometer. Normal body temperature should be 98.6F. If you have a fever contact the Health Center For up-to-date Swine Flu (H1N1) vaccine information and precautions, visit the Mary Walker Health Center website at [www.oswego.edu/walker](http://www.oswego.edu/walker) and click on Swine Flu Information.**

Questions? Comments? Suggestions? Get Involved.  
Give us a call! 312-5648 Or email  
[lifestyle@oswego.edu](mailto:lifestyle@oswego.edu)



Download Toilet Talk online! Visit  
[www.oswego.edu/lifestyles](http://www.oswego.edu/lifestyles) and Click on  
the Toilet Talk link.



### Words to whiz by...

"I try to extract something positive from [every] situation, even if it's just learning not to make the same mistake twice."

--Claudia Schiffer

**The Swine flu ..** is also referred to as the H1N1 virus.

- It is a respiratory disease of pigs caused by Type A influenza viruses.
- It is spread much like seasonal influenza viruses.
- Typically, it can be contracted by someone who has influenza coughs or sneezes.
- People can also become infected by touching an object that contains the virus and then touching your mouth or nose.

### Signs and Symptoms of the Swine Flu

- fever, cough, sore throat, body aches, headache, chills and fatigue.
- some cases report diarrhea and vomiting.



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Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistants Jenna Bernardelli and Michael Hotchkiss, Intern Danielle Hawley and Peer Educators Dawn-Marie Allen-Kent, Jeanelle Colon, Charlene Irving, Chanel Lindsay, Jessica Raghunanan and Amirah Wint. Sources available upon request.

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