Wellness Wednesdays: A: In the next edition of Stall Talk
  Q: What is the leading cause of death? A: 70%
  Approximate what percentage of deaths in the United States are attributed to chronic disease?
  Source: National College Health Survey, N=1,052 MU students, spring 2016

Stall Talk by the Numbers: 74.9
  The percentage of MU students who responded having a dental exam and cleaning in the last 12 months.
  Source: National College Health Survey, N=1,052 MU students, spring 2016

Trivia Question:
Q: What is the leading cause of death in the United States? A: In the next edition of Stall Talk

WELCOME BACK! The staff at the Center for Health Education and Promotion would like to welcome you to campus as we start a new and exciting semester! We hope you take a few minutes to read Stall Talk — you can learn a lot in just a few minutes. Feel free to stop by the Center for Health Education and Promotion, located in the Mabour House which is across the street from the Student Memorial Center, to say hello, pick up health information, learn about upcoming events, or to receive one of our free safer sex kits. Don’t forget that if you miss a week of Stall Talk you can always find previous versions on our website: www.millersville.edu/chehp.
  We wish you a healthy, happy, and successful semester!
  Jayme Trogus — Director Peer Educators

Everyday Prevention Actions: The Flu
With flu season upon us, it is important to practice prevention actions daily. These include:
  • Try to avoid close contact with sick people.
  • If you get sick with flu-like illness, the Center for Disease Control and Prevention (CDC) recommends that you stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
  • While sick, limit contact with others as much as possible to keep from infecting them.
  • Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  • Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
  • Avoid touching your eyes, nose and mouth. Germs spread this way.
  • Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
  • If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase the distance between people and other measures.
  For additional information about the flu visit: https://www.cdc.gov/flu/about/season/current.htm or stop by Health Services in the Witmer Building.

Source: www.cdc.gov

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