

POTTY

By Students



UPCOMING EVENTS

NATIONAL NUTRITION MONTH

Nutrition Expedition

March 23 | 6-7 p.m. | Zoom

March is National Nutrition Month! Join us for Nutrition Expedition, facilitated by the Well Peers, as we explore the multi-facets of nutrition. This program covers a wide array of topics and activities such as how to read a nutrition label, portion tips, meal planning and more!



SCAN ME



WELL DUKES PODCAST

• **3/3** Ep. 22: Diet Culture

• **3/10** Ep. 23: Sleep

• **3/17** Ep 24: Belongingness & Alcohol

• **3/24** Ep. 25: Sexual Health

• **3/31** Ep. 26: Prescription Stimulants

Follow the Well Dukes Instagram for more programming information. [@jmuwelldukes](#)



JMU KINDNESS WEEK

March 1-5

"People will forget what you said. People will forget what you did. But people will never forget how you made them feel."

-Maya Angelou

#JMUKind

[facebook.com/themadisonsociety](#)



CANNABIS CORNER

How is an edible different than smoking?

Unlike smoking cannabis, where the effects are felt almost immediately, effects from edibles may take up to two hours. Effects may also last longer than expected depending on how much is consumed and the effect from any other medications or substances that have been used. Edibles often contain much higher amounts of THC, the psychoactive component in cannabis. A cookie, brownie, or other food item may contain multiple servings. People may become impatient waiting for the effects of an edible and consume more which may cause an unintentional overdose. Symptoms of an overdose include extreme confusion, panic, fast heart rate, anxiety, nausea or vomiting, and delusions or hallucinations. At times, reactions may be severe, requiring emergency medical attention.



MOUTH

For Students



IMPORTANT UPDATES

COVID-19 UPDATES



FREE COVID-19 TESTING

Each Thursday | Warren Hall 502

Students 10 a.m.-2 p.m.

Faculty 8:30 a.m. and 3:30-5 p.m.

JMU offers a free COVID-19 testing clinic for students living off campus and for faculty and staff. For additional information see the off-campus FAQs or the faculty/staff FAQs on the Stop the Spread website.

SURVEILLANCE TESTING

Each Tuesday | Warren Hall 502

Students who live on campus may be selected for surveillance testing. This testing is mandatory so it is important for all students to watch their JMU email for a message from [vpstudentaffairs@jmu.edu](#).

MASK 101

WASHING YOUR MASK

- Wash your mask with your regular laundry or hand wash in warm soapy water.
- Dry your mask completely in the dryer or hang dry.



WEARING YOUR MASK

- Wash your hands before putting on your mask and do not touch it when wearing it.
- Choose a mask that has two layers, covers your nose and mouth completely and fits snuggly against the side of your face.
- If you wear glasses, find a mask that fits closely over your nose or one that has a wire to limit fogging.



Direct Distract Delegate



SCAN ME

GOT ALLERGIES?

COVID-19 OR ALLERGIES?

There are many symptoms that COVID-19 shares with seasonal allergies. Make sure you know what to look out for this spring.

Call the UHC at 540-568-6178 for a testing appointment.

COVID-19 Symptoms:

- Fever, chills and muscle/body aches
- New loss of taste or smell
- Nausea or vomiting or diarrhea

Shared symptoms:

- Cough, shortness of breath
- Fatigue and headache
- Sore throat, congestion or runny nose

Seasonal Allergies Symptoms:

- Itchy watery eyes
- Sneezing

Source: CDC

JMU PHARMACY

Are your allergies getting the best of you? Stop by the pharmacy for some over-the-counter remedies.



This Issue of Potty Mouth is brought to you by the UHC Marketing Team:

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#webleedpurple

Potty Mouth Questions?
Please contact [ritchiac@jmu.edu](#)

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