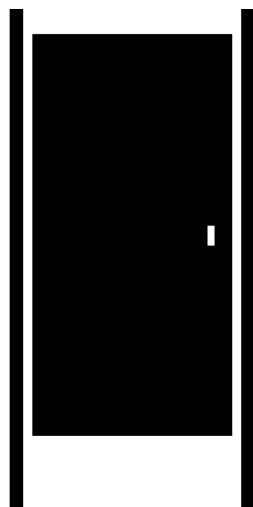


POTTY

By Students



MOUTH

For Students

FEBRUARY/MARCH 2017
ISSUE 6

ALL ABOUT SELF-CARE



RECOGNIZING AND TREATING SELF-LIMITED ILLNESSES

What is a self-limited illness?

Self-limited illnesses, such as a cold or the flu, are healed by the body's own immune system. They usually cannot be treated with antibiotics and often just need to "run their course." However, the term 'self-limited' does not mean that these illnesses are not contagious! Self-limited means that you can often treat it at home without seeing a medical provider, while your immune system works hard to heal it. Treatment for these illnesses include self-care for your specific symptoms, limiting the spread to others, and understanding when to seek care from a medical provider.

PRACTICING SELF-CARE

How can I self-care for my symptoms on campus?

The Self-Care Station on campus provides information about caring for self-limited illnesses. It also has free self-care items like tissues and hand sanitizer. The station is located in the Pharmacy on the first floor of the Student Success Center. Stop in for some self-care guides for specific illnesses, over-the-counter medications, free self-care items, or personal recommendations from our pharmacist. If you are unable to drop by, our self-care guides are also available online at: <http://bit.ly/2jzH3FV>

SELF-CARE NOTE

How can I let my professors know I am sick without seeing a health provider?

You can fill out a Self-Care Note provided by the University Health Center to communicate your absence with instructors, supervisors or others. The note can be printed from a computer located at the Self-Care Station in the Pharmacy. You can also download and complete the note online. Log into your MyJMUHealth portal, click the Education tab, and select the Self-Care Note under Self Care. You can find MyJMUHealth at <http://www.jmu.edu/healthcenter/MyJMUHealth/>.

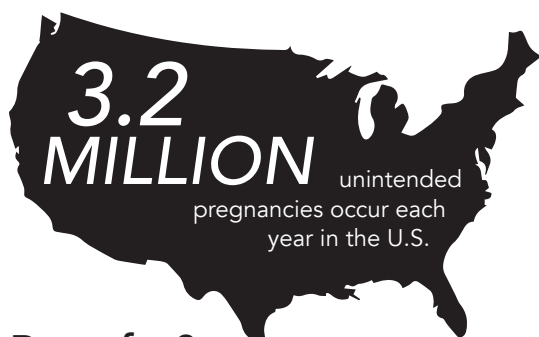
Class and employment attendance policies may still apply.

NATIONAL ? CONDOM MONTH

HOW MUCH DO YOU REALLY KNOW ABOUT CONDOMS?

- TRUE OR FALSE: Many of today's condoms are designed to provide protection *and* increase pleasure for both partners.
- When used consistently and correctly to prevent pregnancy, condoms are:
 - A. 98% effective
 - B. 88% effective
 - C. 90% effective
 - D. 76% effective
- TRUE OR FALSE: Latex condoms are the only safer sex supply that can prevent *both* unintended pregnancy *and* STIs.
- If used correctly, condoms reduce the risk of contracting herpes by:
 - A. 45%
 - B. 62%
 - C. 92%
 - D. 70%

answers: TRUE, A, TRUE, C



Be safe & protected...

Visit a UHC Safer Sex Center for free safer sex supplies.

Source: ashasexualhealth.org

JMU'S TRAVEL CLINIC



What? The International Travel Clinic provides immunizations for travel outside the United States. Students can also receive prescriptions for travel medications and information on safe travel.

Why? You may need certain immunizations when traveling outside the U.S. for spring break or when participating in an Alternative Break program. Check the Health Center's website for the available immunizations at the Travel Clinic: <http://www.jmu.edu/healthcenter/StudentCare/travel-abroad.shtml>.

When? The recommended time to get vaccinated is two weeks before traveling. The Travel Clinic has appointments available until the end of April. See the Health Center's website for all appointment dates and times.

Where? Located in the University Health Center on the second floor of the Student Success Center.

this issue of potty mouth is brought to you by the uhc marketing team :

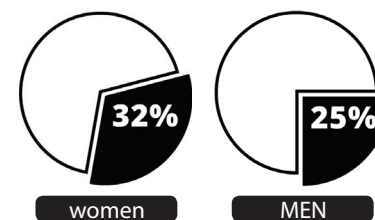
Mackenzie Kelley
Sarah von Schmidt-Pauli
Anya Kaszubowski
Erin Scouten

Pro TIP : Please don't steal this! It's been in a bathroom. Yuck.

Potty Mouth Questions?
Please contact ritchiac@jmu.edu

POSTED WITH SPECIAL PERMISSION FROM UNIVERSITY INFORMATION

EATING DISORDERS AWARENESS



The number of college students that report engaging in disordered eating and/or exercise behaviors.

Research on the trans community is currently limited, but studies suggest that trans people may be at an elevated risk for developing an eating disorder. Source: nedawareness.org

ANOREXIA: an intense preoccupation with being thin and/or losing weight that results in an extreme restriction of food intake.

BULIMIA: a pattern of binge eating followed by compensatory behaviors like excessive exercise or self-induced vomiting.


BINGE EATING DISORDER: recurrent episodes of consuming large amounts of food coupled with extreme distress over the behavior.


MUSCLE DYSMORPHIA: an intense preoccupation with becoming muscular and/or the belief that one is inadequately muscular.

IF YOU OR SOMEONE YOU KNOW NEEDS SUPPORT

check out these on-campus resources:

HOPE The Hope Team
bit.ly/JMUHopeTeam (case sensitive)

 The Counseling Center
jmu.edu/counselingctr

 The University Health Center
jmu.edu/healthcenter OR
Kim Johnson, Health Educator:
johnsokj@jmu.edu