

TIGER SCOOP



HEALTH CENTER NEWS
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Creepy, crawly bugs!

How to do your best to avoid the “bugs” on campus!

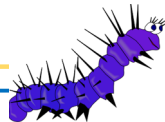


Bed Bugs

The common bed bug has long been a pest-feeding on blood, causing itchy bites and generally irritating their human hosts. Bed bugs are considered a public health pest. However, unlike most public health pests, bed bugs are not known to transmit or spread disease.

Myth: Bed bugs live in dirty places.

Fact: Bed bugs are not attracted to dirt and grime; they are attracted to warmth, blood, and carbon dioxide. However, clutter offers more hiding spots



Crabs (a sexually transmitted bug!)

Pubic Lice, also called “crabs” are tiny little insects that are typically found in the hair around the genital area.

People do not usually get any symptoms until having pubic lice for about five days. When symptoms do appear, they may include: intense itching in the genital area or the presence of lice or small egg sacs in pubic hair.

People often diagnose themselves with pubic lice. Seeing a healthcare provider can help you know for sure. Once you’ve identified the infection, treatment is necessary.

Most importantly, if you have had sexual contact with a partner, be sure to let them know, as they will likely need to seek treatment as well.

Flu “Bugs”

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting flu vaccine each year. People who have the flu often feel some or all of these **signs**:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue



Most experts believe that flu viruses spread when people with the flu cough, sneeze, or talk. Droplets can land in the mouths or noses of people who are nearby. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes, or nose.

An annual **flu vaccine** is recommended to reduce the risk of becoming ill or spreading the flu during the winter months.

SAVE THE DATE

HEALTH FAIR: SEPT. 28

FLU SHOT: SEPT 28 (at Health Fair), OCT. 25, NOV. 11 & 21 (UC), NOV. 16 (Law Sch)

HIV TESTING: Every Friday (UC 338)

Have a question? LLuv1@memphis.edu