OCTOBER CALENDAR
Hispanic Heritage Month
3 Student Nurse Assn 5K, 7-1, VJ Lawn
6 La Cubanita Food Truck, 11-1, Eickhoff Plaza
“Dr. Bob” - Counseling, 9:30-4, VJ Bldn 126-C, Walk-ins welcome.
7 FALL BLOOD DRIVE, 10-3, CU Bistro
WEAR PINK WEDNESDAY
Stress Relieving, 11:30, CU Bistro
10 - 13 FALL BREAK
14 WEAR PINK WEDNESDAY
15 Mariachi Band, 11-1, Blue-Gray Cafe
20 - 22 Grocery Care Pkg Fund Raiser, 11:30-1, CU Bistro, Tigers
Supporting Heroes
21 WEAR PINK WEDNESDAY
22 Breast Cancer and Diet, Health & Nutrition Education, 10:30 - 1, CU Bistro
24 Service on Saturday, Making Strides for Breast Cancer, 8-1, Jackson
28 WEAR PINK WEDNESDAY
31 Halloween - Ghosts and goblins want you to stay safe!
Don’t ever drink or text and drive!

Uof M data show that:
80% of us believe that drinking alcohol does not make anyone sexier
81% of us report we drink 3 or FEWER drinks in a typical week.
2014 CORE Alcohol and Other Drug Survey of 1274 U of M students.

Fast Facts about Blood
- There is no substitute for blood.
- Every 3 minutes, someone needs a life-sustaining blood transfusion.
- Every 8 minutes, someone donates.
- 1 in 10 people who enter a hospital will need blood.
- Less than half the population is eligible to give blood.
- Red blood cells have a shelf life of only 42 days (six weeks).
- Victims of car accidents may need up to 50 units/hour until they stabilize.
- Sickle Cell patients require up to 4 units/month for life.
- Cancer treatments can require 4 or more units of blood.
- Brain surgery requires 2 to 25 units.
- Hip replacement surgery needs 2 to 5 units.

GIVE BLOOD, GIVE LIFE!
OCTOBER 7, CU Bistro, 10 - 3

SEASONAL INFLUENZA
- Be sure to get a flu shot before December
- Wash your hands often with soap & water
- Keep your distance! Flu germs can spread 6’
- Always wash your hands before touching your T-zone (mouth or nose).
- Stay home if you are sick
- Notify your professor.
- Thoroughly wash linens/eating utensils/dishes
- Clean and disinfect frequently touched surfaces at home, work and school.

The Flu Is Very Contagious
A person is able to pass on the flu to someone else BEFORE they even know they are sick, as well as WHILE they are sick.

Make sure THE FLU ENDS WITH YOU!!!

OCTOBER IS BREAST CANCER AWARENESS MONTH
- Women ages 50 to 74 years should get a mammogram every 2 years.
- Women younger than age 50 should talk to a doctor about when to start + how often to have a mammogram.

Help us be Tobacco Free!
memphis.edu/tobacco

READ TIGER SCOOPS ONLINE AT MEMPHIS.EDU/TIGERSCOOP
Brought to you by your Student Health Center
Questions? Email jdefouw@memphis.edu

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