

Medical Memos

NEWS FROM STUDENT-HEALTH SERVICES



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LOCAL NEWS!

National Diabetes Month

The Sugar Run is an annual event to raise money to fund research for type 1 diabetes. The organization's goal is to eradicate Type-1 Diabetes.



Event: 17th Annual Sugar Run 5K

Date: Sat., November 18, 2023
at 8 am.

Location: Wolf River Nature Area, Germantown, TN

Register at:
Sugarrun.5k.raceroster.com



650 E. Parkway, Memphis, TN
Health Sciences Room 129

P-901-676-1351
F-901-676-1494

Hours
M,T,W, F, 9am - 2pm
Thursday 1pm - 6pm



Hand Hygiene



Cleaning hands at key times with soap and water or hand sanitizer that contains at least 60% alcohol is one of the most important steps you can take to decrease the frequency of colds, COVID-19, flu and other infections. Good hand hygiene also decreases the risk of spreading germs to those around you.

Soap & Water Vs Alcohol-Based Rubs

There are major differences between washing hands with soap and water and using alcohol-based rubs. Soap and water work to remove all types of germs from hands, while hand sanitizer kills only certain germs on the skin. Although alcohol-based hand sanitizers are convenient and can quickly reduce the number of germs, situations such as visibly soiled hands or known exposure to illnesses are better to use soap and water. Soap and water can remove common viruses that cause diarrhea such as Norovirus, Cryptosporidium and Clostridioides Difficile, as well as chemicals. Knowing when to clean your hands and which method to use will give you the best change of preventing sickness.



www.cdc.gov/handhygiene/providers/guideline.html

Flu Vaccines Now Available on Campus At the Health Services Clinic!



Flu Vaccines are available at
CBU Student Health Services Clinic while supplies last
Located at the Health Science Building in room 129.

Walk-in's are Welcome or Schedule on-line at

<http://www.cbu.edu/student-life/wellness-and-safety/healthservices>