

TOILET TALK



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I choose not to have sex because I'm not ready yet.

FIND YOUR REASON

Wash those Hands!



A national health survey found that 43% of people seldom wash their hands after coughing or sneezing (gross!) and 32% don't always wash their hands before meals. Even those that are washing aren't doing it right. 54% of people don't wash their

hands for 20 seconds, the amount of wash time needed to remove dirt and germs. A proper hand washing should involve anti-bacterial soap and should take about as long as it would to sing the happy birthday song.

Source: www.cdc.gov & <http://www.niaid.nih.gov/factsheets/stdherp.htm>

Let's Get Acquainted With Herpes

- Genital herpes is a viral sexually transmitted infection which means that there is no cure, but antiviral medications can shorten and prevent outbreaks.
- 1 out of 5 American teenagers and adults is infected with herpes.
- You can transmit herpes through close contact other than sexual intercourse, such as through oral sex or close skin-to-skin contact.
- Most individuals have no or only minimal symptoms of herpes. When signs do occur, they usually appear as one or more blisters around the genitals or anus.
- Since the late 1970s, the number of people with genital herpes infection has increased 30 percent nationwide. The largest increase has been among teens and young adults.

Source: www.cdc.gov & <http://www.niaid.nih.gov/factsheets/stdherp.htm>

Bike & Scooter Safety (Summer's Coming!)

- Always, always, ALWAYS wear a helmet
- Always ride on the **right** side of the street in the same direction as the traffic. Never ride against traffic.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb. Some people in cars just don't see cyclists.
- Stop at all stop signs and obey red lights just as cars do. Take special care at intersections. It's a good idea to walk your bike across busy intersections using the crosswalk and following traffic signals.
- If you're cycling with friends, ride single file.
- If you ride when it's dark, be sure to have reflectors on your bike and a battery-operated headlight.

Source: www.kidshealth.com/teen/safety/safebasics/bike_safety.html

Get the Facts on Acne!

Acne commonly starts in the early teen years, when the oil glands in the body start making more sebum (oil). Some people also have too many "sticky" skin cells; in people who have acne, these cells mix with the oil and plug up the hair follicles in the skin. Both boys and girls get acne, but it may be worse in boys because they have more skin oils. Heredity also plays a role. If your mother and father had bad acne, you may too.

Things that often make acne worse

- Oil-based makeup, suntan oil, hair gels and sprays
- In girls: menstruation
- Squeezing or picking at blemishes
- Hard scrubbing of the skin

Things that don't cause acne

- Dirt
- Foods such as chocolate or french fries

Treating Acne Acne can be treated in different ways. Talk with your doctor about the options. Your doctor may recommend antibiotics, which can be very effective for treating acne. They can be taken by mouth, or used on the skin in a lotion, cream or gel. Over the counter medications such as Benzoyl peroxide, resorcinol, salicylic acid and sulfur may also be recommended. In some people, over-the-counter acne medications may cause side effects such as skin irritation, burning or redness. Tell your doctor if you have side effects that are severe or that don't go away over time. Keep in mind that it can take between 4 and 8 weeks before you notice an improvement in your skin. If an over-the-counter acne product doesn't seem to help after 2 months, get advice from your doctor.

<http://familydoctor.org/001.xml>

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative
Questions? Contact Us!

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