

## **Student Health Services Tips for Healthy Campus Living**

- 1. Make sure you have a copy of your Insurance Cards (Medical card and Pharmacy Card).**
- 2. Keep a printed copy of all your medications:**
  - a. Name of drug, dose and frequency
  - b. Keep all your medications in the original bottle or package from the Pharmacy
    - i. It has the number of available refills, doctor's name and pharmacy information
    - ii. Try to sign up to have your medications refilled on-line with the pharmacy.
    - iii. Consider having them delivered by mail.
- 3. Keep some basic medications with you and please do not share medications.**
  - a. Acetaminophen (Tylenol) for fever or pain
  - b. Ibuprophen (Motrin, Advil) for pain or fever
  - c. Avoid over-the-counter cold preparations. Mucinex can be used for cough.
- 4. Please call or come to Student Health Services if you have**
  - a. Temperature above 102.
  - b. Severe abdominal pain, headache or chest pain, dizziness or blurred vision.
- 5. For medical emergencies please call 3111 (campus security) or 911.**
- 6. Remember to get at least 6 hours of sleep.**
  - a. Keep a study schedule during the week that includes sleep time.
- 7. Drink water and limit your intake of caffeinated sodas. If you need caffeine, coffee is better. Do not use the popular drinks such as Red Bull. They have too much caffeine.**
  - a. Caffeine withdrawal can cause severe headaches.
  - b. Keeping hydrated with water can prevent headaches and fatigue.
- 8. Stock your room with health foods and snacks**
  - a. See List of 25 health cheap foods and Healthy food shopping list
- 9. Keep basic skin care products**
  - a. Face wash (Dove, Nivea, etc)
  - b. Body wash- Dove is great. If you use a Loofah make sure to throw it in with your laundry once a week. Throw it into the Dryer to prevent growth of bacteria.
  - c. Moisturizing lotion- Jergens or Eucerin (Similar brands)
  - d. Sunscreen
  - e. Dandruff shampoo—Nizoral (Severe dandruff) or T-gel (recommended)
- 10. Prevent bedbugs**
  - a. Inspect your room before moving in.
  - b. Please encase your mattress in a cover!
  - c. Wash your bedding regularly.
  - d. When you take your clothes home, use a heavy gauge plastic garbage bag>
    - i. Leave items in the garage or the laundry room.
  - e. The best way to treat a bite is to avoid scratching the area and apply antiseptic creams or lotions and take an antihistamine.
  - f. Notify your RA if you think you have bed bugs.
- 11. Get a Flu shot.**