New: Online Student Health!
Phone: 315-267-2377
Hours of Operation: M-Th 8am-5pm
                    Fri 8am-4:30pm
Location: First Floor-Van Housen Hall

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Sun Sense: Tips for Safe Sunning

- Avoid deliberate sunbathing especially during the midday hours (10 am – 2 pm)
- Beware of cloudy, overcast days. You can still burn.
- Wear protective clothing.
- Wear sunglasses that are UV rated.
- Use a waterproof sunscreen with a sun protection of SPF 15 or greater. Choose a “broad spectrum” sunscreen to protect against UVB and UVA rays.
- Don’t use baby oil or cocoa oil.
- Know your skin type.
- If you take any medicine, check with your health care provider before going into the sun. Some medications may cause photosensitive skin reactions.
- Call Student Health Services for any further questions.
- Visit http://www.skincheck.org

Traveler’s Diarrhea

When you are visiting an area where the water may not be clean, you should be careful about these things:

1. Do not drink tap water and do not use it to brush your teeth.
2. Do not drink bottled water if the seal on the bottle has been broken.
3. Do not use ice that has been made from tap water.
4. Do not drink milk or eat dairy products that have not been pasteurized (heated to a temperature where all germs are killed).
5. Do not eat raw fruits or vegetables unless they can be peeled and you are the one who peels them.
6. Do not eat lettuce or other leafy raw vegetables (like spinach), and do not eat cut-up fruit salad.
7. Do not eat raw or rare (slightly cooked) meat or fish.
8. Do not eat food from people who sell food on the street.

Rapid HIV Tests:
Available at SHS

- Done by finger prick or drawing blood
- Results available in 20 minutes
- Pre/post test counseling and results available in one 45 minute appointment

Cost: $8
Subsidized by SGA
PREVENTION IS THE BEST POLICY

- Avoid extreme weather conditions.
- Avoid alcohol - alcohol dilates blood vessels, which can actually make you lose more heat.
- Protect your ears: Wear a hat or hood. Do not wear earrings. The metal can conduct the cold into the ear and speed the freezing process.
- Protect your toes: Wear two pair of socks and loose fitting boots.
- Protect your fingers: Wear mittens.

If you think you have frostbite and the area blisters or is discolored, call Student Health at 267-2377.

In order to get results back to you by the end of the semester, the last day to schedule appointments for:

- **Annuals:** April 17, 2015
- **Counseling Center - new meds:** April 17, 2015
- **STI testing:** May 8, 2015 (Unless you live in Potsdam or attend summer sessions)

**Reduce Your Risk of “Catching a Cold and the Flu”**

- Wash your hands often.
- Keep your hands away from your eyes, nose, and mouth.
- Cover your mouth when you sneeze or cough.
- Eat a nutritious, well-balanced diet.
- Get plenty of rest and drink 8-10 glasses of water daily.
- Do not share toothpaste. (Tooth brushes often come in contact with the rim of the toothpaste tube.)
- Do not share glasses, dishes, eating utensils, or towels.
- Don’t smoke.

**Our Staff:**

- Denise Basford, LPN
- Bridget Bradish, Health Educator
- and Accreditation Coordinator
- Tracy Harcourt, Nurse Practitioner
- Carol Kingsley, Lab Tech
- Ada Law, Secretary
- Bridgette Manor, LPN
- Richard E. Moose, MD, Director
- Debbie Murray, RN-C
- Sara Peabody-Receptionist
- Mary Beth Rosenfeld, Nurse Practitioner

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**How Can I Avoid Frostbite?**

**Frostbite** is a cold injury to the skin and underlying tissue. It is a painful and serious condition. The ears, fingers, toes and nose are the most susceptible to frostbite. **Frostbite** is treated by passive warming. The affected area can be submerged in cool water. **DO NOT USE HOT WATER** as this may further damage tissue. **DO NOT MASSAGE** or rub the area. Using warm towels to warm the area is acceptable.

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**Got a cold?**

**Come to the Self-Care Center.** It is located in the waiting room of Student Health Services. You can get a decongestant, generic Tylenol, cough medicine, cough drops and disposable thermometers. **IT’S FREE, YOU DON’T NEED AN APPOINTMENT AND THERE IS NO WAITING.**

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**What to do when you arrive for your appointment**

- Arrive 5-10 minutes early to check in on the kiosks in the waiting room.
- Bring your student ID and your insurance information with you.
- If you are late, your appointment may be used by another student.
- If you do not want to keep your appointment, please call and cancel it so another student can be seen in your place.

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**PATIENT SATISFACTION SURVEY**

This spring, the survey will again be available online. One student who completes the survey will win a Kindle Fire.