

health care for college students



College is filled with

many opportunities to learn and experience life. You'll be responsible for making your own choices, including **choices about your health**. The following is important information to help you **stay healthy and safe on your new journey**.

Contents

A message from your pediatrician
Health care on campus
What to bring to school
Common health problems
Don't ignore these symptoms
Health 101
Taking care of your mental health

A message from your pediatrician

Even though you're in college your *pediatrician still cares about your health*. You can call your pediatrician any time you have questions. If you live nearby you can continue to make appointments, or come in when you are home on break. You may even want to see your pediatrician for a physical before you start school (your school might actually require it).

Health care on campus

If you are going to live on campus, check to see if your school has a **student health service**. It's **a place you can go for medical care, advice, information, and counseling**. Student health services are usually well-staffed with a variety of health professionals. They also know pediatricians and other physicians in the area in case you need additional care.

What to bring to school

In addition to the clothes, computer, and other day-to-day items you will need, **don't forget to pack the following**:

- A filled out **health record** (see last page).
- A list of any **medicines you take**, including their dosages.
- A list of your **allergies**.
- A list of any **past medical problems** (for example, if you had surgery or were in the hospital).
- A list of any **special needs** you might have (such as chronic conditions or disabilities).
- A record of any **mental health problems**.
- Your **immunization record** that shows which shots you have had, including the type of vaccine, when you got it, and if you had any side effects.
- **Proof of health insurance**. Are you still going to be on your parents' policy? If so, take a copy of the insurance card with you. Find out what type of plan you have (for example, HMO, PPO), what's covered, how to file claims, and what to do in case of an

emergency. Keep in mind that your parents will be notified each time the insurance company is billed for something.

- **First aid kit** for small emergencies. Make sure it includes
 - Bandages for small cuts and scrapes
 - Gauze and adhesive tape
 - An elastic bandage for wrapping sprains
 - Waterless hand cleaner
 - Antibacterial/antibiotic ointment
 - A digital (not mercury) thermometer
 - An ice pack or chemical cold pack
 - Acetaminophen or ibuprofen for aches, pains, and fever
 - Other medicines (ask your pediatrician for suggestions)

Common health problems

With students living together in dorms and apartments, eating together in cafeterias, and sitting together in classrooms, illnesses and infections can spread easily. Here is a brief guide to common illnesses and what you should do if you get one.

Colds and flu. These are caused by viruses. While sometimes it's hard to tell the difference between them, colds usually cause milder symptoms than the flu.

Common cold symptoms include

- Coughing
- Sneezing
- Watery eyes
- Mild fevers

Flu symptoms include

- Higher fever (commonly above 102°F or 39°C)
- Body aches
- Dry cough
- Upset stomach or vomiting

Don't ignore these symptoms

Call the student health service right away if you have

- A fever of 102°F (39°C) or higher
- A headache accompanied by a stiff neck
- Pain with urination
- An unusual discharge from your penis or vagina
- A change in your menstrual cycle
- Pain in the abdomen that will not go away
- A persistent cough, chest pain, or trouble breathing
- Pain or any other symptoms that worry you or last longer than you think they should

What you can do

The most you can do is rest, drink a lot of fluids, and treat the symptoms. You can try using over-the-counter cold and flu medicines. They may help you feel better. (Note: An increased risk of developing **Reye syndrome** [a disease that affects the liver and brain] is associated with aspirin use during bouts of the flu.) Your pediatrician or the student health service can suggest what medicines may help your symptoms, as well as answer your questions.

Some types of the flu can be treated with antiviral agents, but you have to take them in the first day or two of the illness, and a prescription is required. They can help you feel better faster.

Prevention

It's not possible to completely avoid getting a cold or the flu, but these tips can help lower your risk.

- Wash your hands often!
- Get a flu shot each fall.

Strep throat, sinus infections, ear infections. These are caused by bacteria.

Symptoms may include

- A very sore throat
- Pain in your ears or sinuses
- A persistent fever

What you can do

If you have these symptoms, go to the student health service. The staff will be able to tell you what the problem is and give you antibiotics if you need them. If you need to take antibiotics, take them exactly as you are told, and be sure to take all of them. If you don't, the infection can come back.

Prevention

- Avoid close contact with anyone who has an infection. That means no kissing or sharing drinks or utensils.
- See your doctor for regular checkups.

Meningococcal disease. A common form of this is meningitis. This disease can infect the brain, spinal cord, and/or blood.

Symptoms include

- High fever
- Stiff neck
- Severe headache
- A flat, pink, red, or purple rash
- Nausea and vomiting
- Sensitivity to light

What you can do

It is important to seek medical treatment right away. The disease can be fatal or may result in permanent brain damage or lifelong problems with the nervous system.

Prevention

It is now recommended that all teens, and especially students leaving for college, receive a vaccine to prevent this very serious infection. The vaccine is effective against most, but not all, strains of the bacteria that cause this infection.

Bruises, sprains, and strains. These are very common and usually are not very serious. Here's how to tell the difference between them.

- **Bruises** cause the skin to turn purple, brown, or red in color.
- **Strains** are injuries to muscles and tendons that result from too much or sudden stretching.
- **Sprains** are injuries to the ligaments, the connecting tissue between bones.

What you can do

Use the **RICE** method of treatment

- **Rest**—especially for the first 24 hours.
- **Ice**—put ice packs or cold gel packs on the injury for 20 minutes every 4 hours.
- **Compressions**—wrap the injured body part in an elastic bandage.
- **Elevation**—for example, if you have sprained your ankle, prop your foot up on pillows to keep it at a level higher than your heart.

Visit the student health service if your pain or swelling does not get better in a day or two or if you are unable to put any weight on the injured area.

Prevention

Being physically active is a great way to stay healthy, but be smart and avoid injuries by

- Using the right safety gear (like pads and helmets).
- Warming up and cooling down. Stretch out before and after you exercise or play a sport.
- Taking breaks. Don't exercise or play through pain.

Mononucleosis ("mono"). College students often worry about a disease called "mono"—also known as "the kissing disease." Mono is caused by a virus.

Symptoms include

- Fever
- Sore throat
- Headache
- Swollen lymph nodes (glands) in the neck
- Extreme tiredness

What you can do

If you have a sore throat or bad flu that doesn't go away in a week to 10 days, see your doctor. Mono is diagnosed by a blood test called the "monospot." There is no specific treatment for mono; just get plenty of rest and eat a healthy diet.

Health 101

Keeping yourself healthy is the best way to avoid getting sick.

Three important things you can do are rest, eat well, and exercise.

Rest

Don't skimp on rest! Too little sleep can cause some serious problems, like

- You may be more likely to catch colds and other minor illnesses. Your body cannot fight off germs as well when you are tired and run-down.
- You are more likely to feel stressed or become depressed.
- You may have a hard time staying awake in class.
- You may have trouble concentrating on papers and tests.

So be sure to get about **8 to 9 hours of sleep** a night whenever you can.

Eat well

Vending machine food or fast food may be quick and cheap when you are busy and on a budget but **eating well is important. Try to remember to**

- Eat fruits and vegetables every day (your goal should be 5 a day).
- Eat lean meats, fish, and poultry.
- Eat foods high in calcium, like low-fat dairy products.
- Limit junk food or foods with a lot of fat, sugar, and salt.
- Limit sugary drinks such as pop, juice, sweetened teas or coffees, and sport drinks.

It is possible to eat a healthy vegetarian diet at college. However, this may require some additional planning to make sure you get all the nutrients you need.

Exercise

An important part of staying healthy is getting enough exercise.

There are 3 basic types of exercise, and ideally everyone should do all 3.

- **Aerobic** exercise strengthens your heart and lungs. These are activities like biking, running, fast walking, swimming, active dancing, and rowing.
- **Strengthening** exercise tones and builds muscles and bone mass. You can do this by doing sit-ups, push-ups, and leg lifts, or by working out with weights or resistance bands.
- **Stretching** exercise, like yoga, improves your flexibility or range of motion.

Don't have time to work out? There are many ways to *sneak exercise into your day*. Like instead of driving or taking the bus to class, try walking or riding a bike. If you are not used to exercising or if you have a chronic health problem, talk with your pediatrician or the student health service before starting an exercise program.

Taking care of your mental health

Starting college can be stressful. You may be away from home for the first time. Maybe you miss your family and friends. You've got homework. You're trying to meet new friends. All these things can make you feel alone, overworked, and stressed out. Following is information concerning your mental health:

Making friends

Friends usually become your main support system while in college. In fact, college friends often become close friends for life.

You may be worried about how you will make new friends. You will probably meet some people you like in the first few days of school, and you will meet more in your classes, in clubs or sports, and through other friends. **If it takes a while to find people you click with, don't worry—it will happen.**

Roommates can be terrific friends or great sources of stress. Even roommates who like each other will clash over things like cleaning, bedtimes, and music. Talk these things over early on, and you will be less likely to have problems later. **If you and your roommate just can't get along, talk with your RA** (resident advisor) about how to handle your roommate problem.

Missing home

Many students miss home—even those who've been away from home before. *Feeling homesick doesn't make you less mature or mean you are not ready to be on your own—it just means you are human!* Here are a few tips that may help.

- Talk with your friends about it. Chances are they're feeling the same way.
- Keep in touch with family and friends back home, but make sure you develop new relationships at school.
- Still having trouble? Try talking with a counselor.

Also, remember that going home for visits may be hard. You've changed. Your family has changed. Even your home friends may have changed. Old conflicts don't disappear and new ones may come up. Again, if things are too stressful for you to handle alone, talk with a counselor.

Dealing with depression

There will be days when you feel down, when the pressures of college life really get to you. Those feelings are normal. When you feel down, take some time out for yourself, and do something that makes you feel good. Spend time with friends. Exercise. Read a good book.

Sometimes though, feeling down can turn into depression. Depression is a serious illness that can be treated. **If you have had any of the following symptoms for 2 weeks or more, see a counselor right away:**

- Sad mood
- Hopeless, helpless, worthless, or guilty feelings
- Loss of pleasure in things you usually enjoy
- Sleep problems
- Eating problems
- Low energy, extreme tiredness, lack of concentration
- Physical symptoms such as headaches, stomachaches, or body aches that do not respond to treatment

If at any time you have thoughts of death or suicide, seek help immediately. **Do not think you can handle depression on your own.** If one of your friends seems depressed, suggest that he or she see a counselor as soon as possible.

Drinking responsibly

Drinking is a huge problem on most college campuses. The majority of college students drink and a large number **drink too much**. Binge drinking (having 5 or more drinks in a short time) is common among both guys and girls.

Heavy or binge drinking can lead to physical illness (or death) and long-term drinking problems. Drinking is known to increase sexual aggressiveness, which can lead to sexual harassment and date rape. Drinking also clouds your judgment. **You can't think straight when you're drunk.** You're more likely to make unhealthy choices like having unsafe sex, which may lead to sexually transmitted infections (STIs) and unwanted pregnancies.

The legal drinking age in the United States is 21. The best way to prevent drinking-related problems is to not drink. **If you are 21 and choose to drink, be smart. That means**

- Stop after 1 or 2 drinks.
- Don't drink and drive.

- Don't let friends drink and drive.
- Don't ride with someone who has been drinking.
- Don't drink with people you do not know.

If you feel you need to cut down on your drinking, if friends comment on the amount of drinking you do, or if you ever feel guilty about something you have done while drinking, see a counselor at school.

Making healthy decisions about sex

College is often a time when young people begin to explore their sexuality. But this doesn't mean everyone in college is sexually active. In fact, many are not. *If you want to wait to have sex, you are not alone.* Lots of people your age have realized it's a great idea to wait until they are older.

No matter what your decision is about sex, be smart about it. Don't do things that will put your health at risk. Remember, having sex can expose you to STIs like chlamydia, gonorrhea, herpes, or HIV, the virus that causes AIDS. Use a reliable form of birth control, and remember that only barrier protection with condoms will prevent transmission of infection. One type of disease called human papillomavirus (HPV) may cause cervical cancer. A new vaccine is able to prevent 4 types of HPV—the types that cause 70% of cervical cancer. That vaccine is now available and recommended for all young women. The more sexual partners you have, the greater your risk. Not having sex is the only sure way to prevent these infections.

College may also be a time for sorting out your sexual identity. **If you are questioning your sexual identity, talking with a counselor may help.** Many colleges have support and social groups for gay, lesbian, and bisexual students. These groups can help students feel less isolated.

From your doctor

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

The persons whose photographs are depicted in this publication are professional models. They have no relation to the issues discussed. Any characters they are portraying are fictional.

Health record card

Name: _____	Allergies: _____ Chronic medical conditions: _____ Blood type (if known): _____
Address: _____	
Phone: _____	
Date of birth: _____	
Pediatrician's name: _____	
Office address: _____	
Phone/fax: _____	

