SHAC Welcomes You (Back)!

Whether this is your first day on campus or your thousandth, Student Health and Counseling (SHAC) is glad you’re here! We’re ready to begin another school year dedicated to serving the medical and counseling needs of our students. Feel free to stop in and visit our space in Davis Hall (Ground Floor) to ask questions, introduce yourself, or just to say hello!

New Students:
⇒ Have you submitted your immunization record and tuberculosis information to our office? This documentation was due August 1. If you have paperwork to turn in or have questions, please stop by and we’ll be happy to help!
⇒ Are you under 18? Has a parent signed the Minor Treatment to Consent Form and submitted it to SHAC? We want to be able to treat you if you have a medical need before your 18th birthday.

All Students:
⇒ Stop the flu before it stops you! SHAC is offering flu clinics in Great Hall on October 21 and 22. The flu shot is available for $40 and the flu mist costs $45. Students may pay with cash or OneCard, and request a receipt for submission to insurance. Watch for more information!
⇒ Do you ever wonder if SHAC visits are confidential? The answer is yes! We can not share information with anyone (including parents) without your written consent. You have our word on that!

If you get sick...

Even with our best efforts (and yours), students do get sick on campus. You can schedule an appointment at SHAC by phone, online or by stopping in (see SHAC AT-A-GLANCE, at right). You may also request a phone consultation with one of our medical providers. But what if we’re not open?

After-Hours, Weekend, and Off-campus Medical Care:
There are three local clinics in Northfield, in addition to the Northfield Hospital Emergency room, which provide appointments on evenings and weekends. Please check our website for a listing of these resources. Be sure to bring your insurance card to any off-campus appointments.

Transportation for off-campus medical care:
Carleton students are eligible for free non-emergency transportation to a Northfield doctor, dentist or pharmacy. Visit the Carleton Transportation website for more information. To access the Medical Voucher Request Form (First Choice Shuttle) directly, visit go.carleton.edu/docride. If you need transportation during hours when the Carleton Info Desk is closed, contact Campus Security (507-222-4444) for shuttle vouchers.

Getting food from the dining hall:
If you are on a meal plan, you can give your OneCard to your roommate/friend/RA and have them bring you food from the dining hall. They just need to present your OneCard when they swipe in and tell the person at the station that they are taking food to a sick friend. They will be given a takeout box and a soup container. More information can be found on the Dining Services website.

General information about the flu:
Please visit the Carleton Infectious Disease website for FAQs, information about symptoms, treatment and prevention, as well as links to other reputable health information websites.

TABLE OF CONTENTS

SHAC Welcomes You (Back)! 1
If you get sick... 1
Six Tips for College Health and Safety 2

UPCOMING EVENTS

HOMELAND HEALTH IMMUNIZATION CLINICS
⇒ September 30, 12-1 p.m.*
⇒ November 11, 12-1 p.m.*
*Call 877-746-8060 or SHAC to register at least one week in advance.

FLU SHOT CLINICS
⇒ October 21, 3-7 p.m.**
⇒ October 22, 9 a.m.-1 p.m.**
**No need to preregister!
$40 shot/$45 mist payable by cash or OneCard (Great Hall)

MID-TERM BREAK:
⇒ October 20 (SHAC open for regular Monday hours—9 a.m.-8 p.m.)

SHAC AT-A-GLANCE

HOURS
Mondays: 9 a.m. - 8 p.m.
Tuesday - Friday: 9 a.m. - 6 p.m.
On-Call Phone Counseling: 24/7

CONTACT US
Phone: 507-222-4080
(For on-call phone counseling, select option 2 or dial 855-705-2479)
Email: shac@carleton.edu
Website: go.carleton.edu/shac
Located in Ground Davis

ONLINE MEDICAL APPOINTMENT SCHEDULING AND SECURE MESSAGING
https://go.carleton.edu/osh

Like us on Facebook at facebook.com/carletonshac
Follow us on Twitter at twitter.com/carletonshac
Six Tips for College Health and Safety

College is a great time for new experiences, both inside and outside the classroom. Here are a few pointers for college students on staying safe and healthy (from Centers for Disease Control and Prevention—CDC)

Maintain a healthy lifestyle starting with diet and exercise. The amount of food you need to eat from each food group depends on your age, sex, and level of physical activity. Follow an eating plan with correct portions of the basic food groups. Also be aware that beverages may be adding extra calories. Adults need at least 2 hours and 30 minutes of exercise each week.

Sexual assault is a particular problem on college campuses. One in five women have been sexually assaulted while in college and 80% of female victims experience their first rape before the age of 25. Students should know their rights, and seek help immediately if they or someone they know is the victim of violence.

Sexually transmitted infections can be prevented. They are also treatable, and many are curable. Half of all new sexually transmitted diseases occur among young people aged 15 to 24 years. College students and others who are sexually active should get tested to know their status and protect themselves and their sexual partners.

Binge drinking is defined as having four or more drinks for women or five or more drinks for men over a short period of time. About 90% of the alcohol consumed by youth under the age of 21 in the United States is in the form of binge drinks. Binge drinking is a factor that increases your chances for risky sexual behavior, unintended pregnancy, HIV and other sexually transmitted diseases, car crashes, violence, and alcohol poisoning. Get the facts about alcohol use and health and learn what you can do to prevent binge drinking.

Smoking harms nearly every organ of the body and causes many diseases like cancer, and heart and respiratory diseases. In 2012, 17.3% of adults ages 18-24 were cigarette smokers. You are encouraged to quit smoking, and avoid starting during these important years.

Managing stress and maintaining good balance is important for college students. A few ways to manage stress are to get enough sleep, avoid drugs and alcohol, connect socially, and seek help from a medical or mental health professional, including if depressed or experiencing distress. Suicide is the 3rd leading cause of death among persons aged 15 to 24 years. If you or someone you know is thinking about suicide, contact the National Suicide Prevention Lifeline at 1-800-273-8255.

For more information, go to http://www.cdc.gov/features/collegehealth.

The Student Wellness Advocates (SWAs) are student employees of Residential Life, who work closely with Student Health and Counseling (SHAC). Our mission is to promote student awareness, skills, and knowledge for balanced life-long wellness. Our programming areas are physical health, mental health, sexual health, and substance use.