GYT: Get Yourself Tested

April is Sexually Transmitted Disease (STD) Awareness Month. If you are sexually active, getting tested for STDs is one of the most important things you can do to protect your health. According to the Centers for Disease Control and Prevention, screening recommendations are as follows:

- **All adults and adolescents from ages 13 to 64** should be tested at least once for HIV.
- Annual chlamydia and gonorrhea screening of all **sexually active women** younger than 25 years, as well as older women with risk factors such as new or multiple sex partners, or a sex partner who has a sexually transmitted infection.
- Screening at least once a year for syphilis, chlamydia, and gonorrhea for all **sexually active gay, bisexual, and other men who have sex with men (MSM)**. MSM who have multiple or anonymous partners should be screened more frequently for STDs (i.e., at 3 to 6 month intervals).
- **Anyone who has unsafe sex or shares injection drug equipment** should get tested for HIV at least once a year. Sexually active gay and bisexual men may benefit from more frequent testing (e.g., every 3 to 6 months).*

Student Health and Counseling (SHAC) is your “go-to” place for STD testing and sexual health information on campus. We offer STD testing at a reasonable cost to students, with the option of billing your health insurance company or paying up front. Our Advanced Practice Nurses are here to help students determine which tests are indicated based on their personal situation, and can offer consultation about risk, harm reduction and need for treatment. Specifically, we offer testing for gonorrhea, chlamydia, HIV and syphilis.

We also do Pap smears (now recommended for women 21 and older). This is a test for the effects of human papilloma virus (HPV) on the cervix. Finally, we can evaluate genital sores and bumps and help determine what might be herpes, warts (HPV) or molluscum contagiosum. As with all SHAC services, STD testing and sexual health appointments are confidential. No information can be shared with anyone without your written consent.

SHAC also offers resources for STD prevention and safe sex. Condoms are available in our Condom Corner (just outside and to the right of the SHAC lobby) for a $.10 donation. For more information, check out our brochure, “Sexual Health Resources at Carleton” (available at SHAC), or visit our website at go.carleton.edu/shac.

*Content source: Division of STD Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention. GYT is a partnership between the American College Health Association, Kaiser Family Foundation, National Coalition of STD Directors, MTV, and Planned Parenthood Federation of America. Technical consultation for GYT is provided by CDC. Visit www.cdc.gov/gyt for more information about the campaign.

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SHAC defines excuse note policy

Student Health and Counseling recently adopted the following excuse note policy to clarify its role in excusing student absences or late work. The previously unwritten policy has been drafted in an effort to inform all members of the Carleton community in a clear, consistent manner.

**Student Health and Counseling (SHAC)**

**Excuse Note Policy**

Student Health and Counseling (SHAC) at Carleton College does not provide excuse notes for illnesses, injuries or mental health problems that may lead to missed classes, labs, studios, exams, projects or deadlines. This policy resembles those of most other colleges and universities and is consistent with the recommendations of the American College Health Association.

Carleton College expects that students will be honest with their professors regarding their ability to complete work and professors are expected to work with students on these issues. Staff at the Dean of Students Office is available to provide assistance to students or faculty members who have concerns about attendance issues.

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**Do you think I’m hot?**

Students often stop in at SHAC and ask this question, referring, of course, to their body temperature!

SHAC offers digital thermometers for sale for just $5. Students are encouraged to stop in and purchase one before they get sick, so they’re prepared when illness strikes.

According to Medline Plus, a fever is a body temperature that is higher than normal. It is not an illness. It is part of your body's defense against infection. Most bacteria and viruses that cause infections do well at the body's normal temperature (98.6 F, 37.0 C). A slight fever can make it harder for them to survive. Fever also activates your body’s immune system.

Infections cause most fevers. Your health care provider may recommend using over-the-counter medicines such as acetaminophen or ibuprofen to lower a very high fever. It is also important to drink enough liquids to prevent dehydration.

Source: Medline Plus, A service of the U.S. National Library of Medicine, National Institutes of Health
Winter Term 2015 was one for the record books—the jigsaw puzzle record books, that is!

Dedicated SHAC puzzlers completed four 500-piece puzzles and one 1000-piece puzzle during winter term. No appointment necessary—all are welcome to stop in and puzzle away!

Staff Profile—Drew Weis, PhD, LP

After attending a wedding in Northfield in 1998, Drew decided, “This is where I want to live.”

This was years before he joined the staff of Student Health and Counseling as a Clinical Psychologist. In fact, he sent a letter of interest to Carleton before there were any openings. To his great delight and ours, a position opened up three years later, and he’s been here ever since. Drew says that Carleton’s small size, liberal arts philosophy and the arboretum were some of the things that made Carleton call to him.

Another interesting draw for Drew was the presence of a Taoist master on campus, Qiguang Zhao, who passed away very recently. Drew is himself “Taoish,” and has found Northfield to be a place where his practice “has been deeply enriched.” In fact, Drew published a small book of Taoist verse in 2010, and has just completed a manuscript for a full-length book on water and Tao.

A first-generation college student, Drew has a varied background that brought him to this place. He spent three years in active duty in the Army as well as eight months in the Peace Corps in Yemen, just before that country’s civil war began. A couple of years working as a personal trainer followed, during which he discovered that his clients felt comfortable talking with him about their personal trials. When someone suggested graduate school and a PhD program in psychology, Drew began his journey toward his current work of counseling students at Carleton. He is a frequent presenter, both on campus and off, on topics such as sleep, resilience and safety for off-campus studies participants.

Drew lives in Northfield with his wife, Lisa, whom he met in the Peace Corps, and their two sons: Calvin, 11, and Louden, 8.
Be a savvy sleeper

At the end of Winter Term, the SWAs turned their focus to sleep. No, we didn’t decide to stop working and turn our energy towards getting twelve hours of sleep each night. During 9th week we celebrated National Sleep Awareness Week featuring a variety of sleep-focused events, culminating with a SWA-sponsored Naptime. We provided pillows, tea, earplugs, facemasks and a relaxing atmosphere so that students could take a nap in the Library Athenaeum.

Being well-rested is an important and often overlooked aspect of health and wellness. Carleton students are busy, and sometimes it feels as though homework, meetings and socializing are more important than sleep. While, of course, these are important aspects of college life, in order to fully appreciate them it is important to be fully rested.

The SWAs have a few sleep tips we learned and taught about during Sleep Awareness week that we think are very important to well-being at Carleton.

- Most adults need 7-8 hours of sleep each night, however it varies from person to person. It is important to try and go to sleep around the same time every night.
- Stay away from caffeinated beverages such as coffee, tea, and soda late in the day. The effects of caffeine can last from 8 to 14 hours.
- Get enough sunlight during the day so that your body can appropriately produce melatonin, which regulates when you feel sleepy. Not getting enough sunlight during the day can throw off your circadian rhythm and cause insomnia and less restful sleep.
- Minimize exposure to artificial lights and screens 30 minutes before you go to bed. Put away your laptop and phone unless they are not backlit (i.e. they require an additional light source to use).
- The best time for your body to nap occurs around 6 hours after you wake up.
- Short naps that only last for 10-20 minutes will prevent you from feeling groggy when you wake up because your body will not enter deep sleep.
- Long naps should be around 80-90 minutes so that your body goes through a full REM cycle.