Appointments—just a click away!

What do you do if you’re a Carleton student and your cough and fever have awakened you at 2 a.m. for the third night in a row? Wait until 9 a.m. so you can call Student Health and Counseling (SHAC) and schedule an appointment? Not anymore!

Now students can grab their laptops or smartphones, sign on with a Carleton user name and password to Online Student Health (https://go.carleton.edu/osh) and schedule a medical appointment that fits their busy schedules. Students just choose the appointment reason that best describes their medical concern and with just a couple of clicks they are on the SHAC schedule at the time and with the provider they have selected.

491 medical appointments have been scheduled online since Online Student Health was launched in January 2013. This new feature also provides secure student/provider messaging, automated appointment reminders and self check-in.

We’re still here to help students in person or by phone if their appointment need is something other than what’s listed online, or if they just can’t find an appointment time that works for them. We keep some open appointments every day for just this reason. All counseling appointments will continue to be scheduled through the SHAC front desk or with a SHAC provider.

Can I get a strep test at SHAC?

We can do that and so much more! We offer a wide variety of services in order to provide Carleton students with quality medical care and counseling. Some available services include:

**Medical:**
- Care of Colds and Flu
- STD Tests, including HIV
- Evaluation of Musculoskeletal Concerns
- Mono and Strep Tests
- Tuberculosis Tests
- Wart Treatments

**Counseling:**
- Group Counseling
- Individual Counseling
- After Hours Counselor for Phone Consultation
- On-campus Psychiatric and Nutrition Services (subject to availability)

Like us on Facebook!

Our staff attended a training on how to utilize technology and social media to connect with the Carleton community. Check us out on Facebook and Twitter! (Pictured at the training are (L-R): Natalie Johnson, Betsy Lane-Getaz, Jan Foley, Leah Wellstone, Marit Lysne, Drew Weis, Dawn Fadden, and David Wolff.)
Know when antibiotics work—and when they don’t

When you feel sick, you want to feel better fast. But antibiotics aren’t the answer for every illness.

To avoid the threat of antibiotic-resistant infections, the Centers for Disease Control and Prevention (CDC) recommends that you avoid taking unnecessary antibiotics.

**The Risk: Bacteria Become Resistant**

What’s the harm in taking antibiotics anytime? Using antibiotics when they are not needed causes some bacteria to become resistant to the antibiotic.

These resistant bacteria are stronger and harder to kill. They can stay in your body and can cause severe illnesses that cannot be cured with antibiotics. A cure for resistant bacteria may require stronger treatment – and possibly a stay in the hospital.

To avoid the threat of antibiotic-resistant infections, the Centers for Disease Control and Prevention (CDC) recommends that you avoid taking unnecessary antibiotics.

**Antibiotics Aren’t Always the Answer**

Most illnesses are caused by two kinds of germs: bacteria or viruses. Antibiotics can cure bacterial infections – not viral infections.

Bacteria cause strep throat, some pneumonia, and sinus infections lasting 2 weeks or more. **Antibiotics can work.**

Viruses cause the common cold, most coughs and the flu. **Antibiotics don’t work.**

Using antibiotics for a virus:

- Will NOT cure the infection
- Will NOT help you feel better
- Will NOT keep others from catching your illness

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**Staff Profile - Leah Wellstone, MA, LMFT**

“Carleton is a magical place,” says Leah Wellstone. But those who know her can attest that, with her bright smile and positive outlook, Leah brings some magic of her own as the newest full-time counselor at Student Health and Counseling.

She has a Masters Degree in Counseling Psychology from St. Mary’s University of Minnesota in Minneapolis, where she has taught in the Marriage and Family Therapy Program for the past 6 years. Her clinical experience includes work with a variety of individuals, couples and families, including preschoolers, traditional and alternative high school students, and pregnant and parenting youth in primarily non-profit settings. She specializes in eating disorders and has experience with in-home therapy and inpatient and residential programs.

Leah decided to become a therapist because of her fascination with people’s stories. “These stories have taught me about the perseverance and resilience of humans. The whole process of healing is fascinating. It’s an honor to bear witness to people’s stories of pain and struggle.”

Having grown up “in a working-class family and a small community where people took care of each other,” Leah says she finds that same concern for others here at Carleton. “I’m always struck by the level of caring that Carleton students have for each other,” says Leah. “Their kindness and compassion stand out — for each other, for their friends, for the world.”

Professionally and personally, Leah is happy with her decision to join the SHAC staff. “It’s a privilege to work with such a talented, humble, funny, deeply committed, professional staff that goes above and beyond.”

Leah and her husband David have a blended family with four college-aged children and one German Shepherd named Rex.
Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. The “flu season” in the United States can begin as early as October and last as late as May.

When should I get vaccinated?

Flu vaccination should begin soon after vaccine becomes available, ideally by October. However, as long as flu viruses are circulating, vaccination should continue to be offered throughout the flu season, even in January or later. While seasonal influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

By the numbers…

During Fall Term 2013:

- 1107 Medical appointments
- 832 Counseling appointments
- 703 Students utilizing SHAC services
- 185 Walk-in medical appointments
- 140 Medical appointments scheduled online
- 53 Rapid Strep tests
- 23 Mono tests
- 15 HIV tests
The Student Wellness Advocates (SWAs) are student employees of Student Health and Counseling (SHAC). Our mission is to promote student awareness, skills, and knowledge for balanced life-long wellness. SWAs seek to empower students to make healthy decisions by facilitating health-related workshops and information campaigns and by encouraging Carleton students to lead well-rounded lives. SWAs also connect students with other peer leaders and make referrals to support staff on campus. Our core programming topics are (1) Drug and alcohol use, (2) Physical health, including nutrition, exercise and sleep, (3) Sexual health, including STIs and contraception and (4) Mental health, including stress, resilience and coping.

You can usually find us tabling in Sayles or hosting a program during Sunday night study breaks around campus. Students interested in our programs or in learning more can ask an RA to request a program on their floor! To see our programming menu visit [http://apps.carleton.edu/campus/swa/programs/](http://apps.carleton.edu/campus/swa/programs/) Also, stop by the second Annual Winter Health Fair and Start Smart this winter term!

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**SWA Corner**

**SWAs to evaluate online alcohol education programs**

By Mary Reagan Harvey

Every year, incoming freshmen and transfer students must participate in an online alcohol education program the summer before coming to Carleton. Over the past several years, Carleton freshmen have been asked to complete the MyStudentBody approach. The program aims to reduce the risk of drug and alcohol abuse as well as sexual violence on campus. It provides students with the tools and knowledge to make informed, rational decisions and face the new challenges of college life.

Last year, the SWAs reviewed a handful of new programs in order to see if a better, more impactful program exists. The list was narrowed down to three options- MyStudentBody, AlcoholEdu, and Campus Clarity. All three programs provide personalized feedback along the way, allowing students to identify with the information they are given on a personal level but also offer unique education techniques. The programs also offer tips such as how to deal with an alcohol emergency, what factors influence BAC levels, and identifying alcohol poisoning. Over the next two terms, the SWAs will reevaluate the final three options to determine which program the incoming freshmen will complete.