Student Health Services is located in Rich Hall

Student Health Services is committed to the promotion of wellness through health education, prevention, early diagnosis, and treatment of illness. Through a variety of programs, activities, and services, students are encouraged to develop responsibility for their own wellness and health needs.

The Flu is Here!

- Although flu season is December through April, historically, February & March are peak flu months.

- Influenza is an illness of the upper respiratory tract with symptoms of fever, runny/stuffy nose, sore throat, cough, body aches, headache & fatigue.

- Most cases of the flu can be managed at home.

- Treatment for the flu includes Tylenol or Advil for fever, body aches, sore throat, etc; Robitussin DM for cough; Mucinex D for congestion; extra rest & fluids.

- Since the flu is caused by a virus antibiotic aren’t effective.

- Seek medical attention for the following: difficulty breathing, significant chest or abdominal pain, flu like symptoms that improve but return with fever & worsening symptoms.

- Handwashing is essential in preventing the spread of flu, other measures include covering your nose/mouth when coughing/sneezing, disposing of dirty tissues promptly, clean common areas/objects with a household disinfectant (Clorox wipes, Mr. Clean, Pine-Sol, etc.).
Regular exercise not only improves overall health it also decreases the risk for many chronic conditions including heart disease, certain cancers, high blood pressure, stress and osteoporosis. How much exercise is enough?

☆ The US Surgeon General recommends 2.5 hours per week of moderate aerobic exercise (OR 1 hour 15 minutes of vigorous aerobic exercise) AND strengthening exercises 2 days per week (push ups, sits ups, weight training, resistance bands, etc.). Aerobic exercise sessions should be at least 10 minutes in duration.

☆ 10,000 steps program: Many health experts alternative recommend counting the number of steps taken throughout the course of a day with the goal being 10,000 steps (about 5 miles). Start by wearing a pedometer during the day to get a baseline; increase your steps by 500 steps/ day to= 10,000. Exercise doesn’t have to be time consuming or expensive. Start by choosing things YOU like to do, start small (10-15 blocks of time). Think “out of the box” and look for opportunities such as walking laps around your local Mall (or quad). Just get moving!
Sexual Health

To mark Valentine’s Day, The Pennsylvania Department of Health (DOH) is collaborating with College Health Centers across the state with the “Cover your Lover” campaign. According to DOH there are 12 million new cases of STD’s in the US annually & 2/3 of those infections are people under 25 years. Although sores/bumps to the genitals, pain with urination & discharge from the vagina/penis can be symptoms of an STD, many people have no symptoms so getting tested is important. STD testing is available for a small fee at Student Health Services; also students can text their zip code to GYTNOW (498669) or visit www.GYTNOW.org for additional testing sites & information on STD’s.