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.

What is a URI?

- AKA: upper respiratory tract infection
- Affects nose, throat & airways
- Caused primarily by viruses
- More than 200 different viruses responsible
- Symptoms: runny/stuffy nose, sore throat, body aches, cough, fever
- Some viruses cause mild symptoms (but still VERY uncomfortable)- rhinovirus (common cold)

- some viruses can cause quite serious illnesses- influenza, respiratory syncytial virus (children), coxsachievirus
- Typically lasts 7-14 days
- No cure- antibiotics not effective
- Treatment is aimed at alleviating symptoms- Tylenol/Advil (fever/pain), Mucinex D (congestion), Robitussin (cough), extra rest & fluids

Open: Monday to Friday 8:30am – 4:00pm - Campus Box #144 - (570) 321-4052

More information is available at our website: http://www.lycoming.edu/healthservices

Bollinger student health insurance after hours nurse triage #1-866-525-1955
Cold & Flu Season is here!

**Flu Shot Clinic:**

The Centers for Disease Control recommends annual flu shots for everyone. Although the college’s flu shot clinic was in mid-October, there is still plenty of time & opportunities to get vaccinated. Most area pharmacies as well as the local Med Express are offering flu shots.

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**Great American Smoke-out:**

**November 17th**

According to the American Cancer Society “Tobacco use remains the single largest preventable cause of disease & premature death in the US, yet more than 46 million Americans still smoke”. For quit smoking tips visit [www.cancer.org](http://www.cancer.org) or call 1-800-227-2345.
World AIDS Day:
December 1st

According to the Centers for Disease Control, “... An estimated 1.1 million people are living with HIV in the United States. Of those, as many as 1 in 5 people are unaware of their HIV infection. HIV testing is important because finding new HIV infections means people can get lifesaving treatment early and can take steps to protect their loved ones from being infected. “. Testing should be a part of routine healthcare & the CDC recommends:

- Everyone ages 13-64 get tested at least once.
- People at high risk for HIV get tested more often (annually).
- Women get tested during each pregnancy

STD testing (including HIV) is available in student health services for $12