DO YOU KNOW ...

How to monitor your health?
• How to take your temperature?
• If you have any chronic conditions?
  - What are your symptoms?
  - How do you monitor these conditions? (e.g., blood sugar, pulmonary function)
  - Who should know about them? (e.g., roommate, resident assistant, professor, Health Services)
• If you’re taking any medications (prescriptions, over-the-counter, vitamins/supplements)
  - What does each medicine do?
  - How much should you take, and when?
  - How and where do you pick up refills?
• If you have any allergies?
  - What are your symptoms?
  - Who should know about your allergies? (e.g., roommate, resident assistant, professor)
• If your voicemail is set up, so you can receive health-related messages?

Your health care and insurance providers?
• Who your primary health care provider is?
• If you have health insurance and who provides it?

What to do in an emergency?
• Where the nearest emergency room is?
• Who your emergency contact person is?

DO YOU HAVE ...

Basic supplies?
• Thermometer (VERY IMPORTANT)
• Acetaminophen (Tylenol) or Ibuprofen (Motrin) for pain/fever
• Antacids and antidiarrheal (Pepto-Bismol)
• Antibiotic ointment (Neosporin)
• Antihistamine (Claritin, Benadryl)
• Antifungal cream (Lotrimin, Tinactin)
• Bandaids/bandages
• Cough/cold medication
• Elastic/ACE wrap for sprains/strains
• Hydrocortisone cream
• Hydrogen peroxide
• Ice/heat packs
• Sterile gauze dressings
• Tape/sports wrap
• Supplies for specific medical conditions (glucometer, peak flow meter, inhaler, nebulizer, etc.)

Important documents?
• Insurance card (save a picture of both sides!)
• Pocket card or app listing your allergies, conditions, medications and medical history
• Copy of vaccination records
  - This is especially important if you’re planning to major in health care, education or lab sciences (which may involve animal contact)
  - You’ll be asked to provide proof of immunization to participate in educational experiences such as clinicals, child care, etc.

STUDENT HEALTH SERVICES

• Location: Student Recreation and Wellness Center, Suite 260
• Appointments: Visits are by appointment. Same-day appointments are often available. Call 330-972-7808 or email pasbury@uakron.edu to schedule an appointment. Walk-ins are not accepted at this time. If you cannot keep your appointment, please call to cancel or reschedule.
• Fees: The visit fee is $15. There may also be a cost for medications or in-office testing (e.g., for strep, UTI, etc.) due at the time of service. All-Campus funds, cash and credit/debit are accepted.
• Insurance: Health insurance isn’t required to use our services, and we don’t bill insurance for services provided. The lab (Quest) we use can bill insurance for send-out tests; however, cash pricing is available. If you’re using insurance, you’re responsible for any costs not covered.

COVID-19 INFORMATION

• UA’s coronavirus response: uakron.edu/coronavirus
• Guidelines for Student Health Services visits (per CDC/ODH):
  - Masks required unless medically contraindicated (e.g., asthma exacerbation)
  - Temperatures taken before admittance
  - Sick and well patients will be separated
  - ONLY patients with appointments will be admitted (no walk-ins)
  - Guidelines subject to change
• Illness, exposure and recommended actions: uakron.edu/coronavirus/health
• Public health orders, family resources and more: coronavirus.ohio.gov