Be Prepared

Create a game plan before you head off to school whether you’re 5 minutes or 5 hours away. Follow these tips to stay healthy before settling into your home away from home on campus.
IMMUNIZATIONS

CHECK IF YOU’RE UP TO DATE ON IMMUNIZATIONS

While in college you are exposed to many people & communal areas that contain many germs & disease. Ask your doctor for a copy of your immunization records so you can review your shots & determine if you need any boosters.

**Tdap Vaccine**
Protects against tetanus, diphtheria, & pertussis.

**HPV Vaccine**
Can prevent genital warts & cases of cervical cancer as well as other cancers in both men & women (specifically head & neck cancers).

**Seasonal Flu Vaccine**
Protects against flu viruses.
SEXUAL HEALTH

Take Ownership of Your Sexual Health:
It’s your choice whether or not you’re ready for sexual activity, but if you do choose to become sexually active it’s important to do so safely. Talk to your doctor about how to safeguard your sexual health & whether you should consider a contraceptive.

REDUCE YOUR RISK OF SEXUALLY TRANSMITTED DISEASE
- Use latex condoms consistently
- Get tested for STD’s regularly
- Before engaging in sexual activity find out whether your partner has been tested for STD’s recently

Pregnancy Prevention
If you’re a sexually active female & don’t wish to become pregnant ask your physician about your hormonal contraceptive options. (Birth control pills, birth control shot or a birth control patch).
FIRST AID ESSENTIALS:
- Bandages
- Acetaminophen
- Cold compress
- Oral thermometer
- Facial Tissue
- Cotton balls/cotton swabs
- Pain relievers

Be Prepared
There is nothing worse than getting a headache & realizing you have no Aspirin or Ibuprofen. A great way to get all of your survival essentials together is by organizing a first aid kit.
HEALTH INSURANCE

Know Your Insurance Info
You’re likely still covered under your parent’s insurance plan, so talk to them about what your coverage includes. Most colleges have health clinics, but if you visit a doctor off-campus, you’ll need your insurance information to be treated.

e-Visits & Video Visits
If you attend school in Illinois you can still see a DMG doctor through a video visit or an e-visit on your mobile device or computer. You can also refill prescriptions & schedule future appointments online. Sign-up for MyChart to access care while you’re away at school!
HEALTH ESSENTIALS

Keep Tidy
Keeping your room clean can do more than just make your mom proud, it can keep you healthy! Stock-up on toiletries that keep your skin & teeth healthy. Regularly disinfecting your room with cleaning products can help you avoid bacteria that will make you sick.

SOME COLLEGE ESSENTIALS INCLUDE:
- Flip-flops for the shower
- Cleaning products to disinfect your dorm
- Skincare products (face wash & moisturizer)
- Water filter pitcher
- Extra toothpaste & toothbrush
- Remedies for seasonal colds

REMINDER: You’re on your own now so things like toothpaste & face wash will not restock themselves!
Take Care of Yourself
It’s important to be fully aware of your physical & emotional state while away at school. It’s normal to feel stressed from school work or miss home. Taking care of yourself should always be your main priority.

A healthy body & mind will help you do your best!

WELLNESS TIPS:
- Eat something green every day. Pizza & beer every night is not a balanced diet!
- Go workout! Carving out time to exercise will relieve stress & help you avoid gaining excess weight.
Don’t Be Afraid To Ask For Help
If you or someone you know starts to feel a shift in mood then reach out to campus counseling services immediately. College is a hard adjustment emotionally. It’s normal to feel uneasy at times throughout your experience, but help is available when you need it.

Going off to college is a big transition; but planning ahead will make your experience easier. If you have any health questions, be sure to speak with your primary care physician prior to leaving.

Have fun & study hard!