

# Welcome to the Drake University Student Health Center

*This guide is provided to you by the Student Health Center. These are only guidelines. Please remember that exceptions do occur. If at any time you have questions or concerns, please call or stop by the Student Health Center.*

## Drake University Student Health Center (515) 271-3731

Calls made to the Student Health Center after clinic hours will be answered by phone mail. **For emergencies, call 911.**

## Clinic Hours and Location

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<b>Monday and Tuesday</b>	<b>8:30 a.m. – 5 p.m.</b>
<b>Wednesday</b>	<b>8:30 a.m. – 6 p.m.</b>
<b>Thursday</b>	<b>8:30 a.m. – 5 p.m.</b>
<b>Friday</b>	<b>8:30 a.m. – 3 p.m.</b>

Students are seen by appointment only.  
Hours vary during breaks, holidays and summer session.

The Drake American Republic Student Health Center is located on the corner of 32nd and Carpenter Street. Parking is available.

## Medical Emergency

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In case of emergency, or for urgent care after clinic hours, 24-hour emergency care is provided by several Des Moines area hospitals listed on the following page.

## **After Hours Care:**

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The following is a list of health care clinics in the local area. If you are seen at one of these clinics, you will be responsible for payment at the time of service. If you have other insurance coverage, you will need to give your insurance information to them.

**Iowa Health Physicians**  
**4631 Merle Hay Road, Des Moines**  
**278-0949**

Hours: Monday - Friday 8:00 a.m. - 8:00 p.m.  
Saturday - Sunday 9:00 a.m. - 3:00 p.m.

**Iowa Health Physicians**  
**6000 University Avenue, West Des Moines**  
**241-2600**

Hours: Monday - Friday 8:00 a.m. - 8:00 p.m.  
Saturday - Sunday 9:00 a.m. - 3:00 p.m.

**Urbandale Family Physicians**  
**2901 86th Street, Urbandale**  
**276-3406**

Hours: Monday - Friday 7:30 a.m. - 9:00 p.m.  
Saturday - 8:00 a.m. - 9:00 p.m.  
Sunday - 9:00 a.m. - 9:00 p.m.

### **DES MOINES AREA HOSPITALS:**

**Blank Children's Hospital / Iowa Methodist Medical Center**  
1200 Pleasant Street

**Iowa Lutheran Hospital**  
700 E. Lutheran Hospital

**Broadlawns Medical Center**  
1801 Hickman Road

**Mercy Hospital Medical Center**  
400 University Avenue

**Mercy Hospital Medical Center – Capitol**  
603 E. 12th Street

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## Student Health Center Services

The Student Health Center was established to provide students with quality care that is both accessible and affordable. Services include:

- Two nurse practitioners and two registered nurses
- Staff specializing in family practice
- Health promotion and education focus
- STD Testing and Treatment
- Allergy injections
- Women's Health Services
- Telephone Advice

## Patient Rights & Responsibilities

It is the policy of the Drake University Student Health Center to promote the interests and the well-being of patients and to respect every patient's civil rights and religious liberties. No patient shall be asked to waive his or her rights as a condition of obtaining care at the Student Health Center.

### **Your Responsibility as a Patient:**

- to remember the name of your Student Health Center health care provider.
- to treat health care professionals with respect, consideration, and dignity.
- to know the names of medications you have been taking as well as their purposes.
- to be honest and direct about anything related to your care, including any recent changes to your health.
- to keep appointments. If you cannot keep an appointment, it is your responsibility to notify the Student Health Center as early as possible so that another person can be seen.
- to ask questions and try to understand your health problems. If you do not understand your diagnosis or treatment instructions, it is your responsibility to ask your health care professional for further explanation.
- to tell your health care professional whether you can and/or want to follow a certain treatment plan.
- to notify your health care provider if your condition changes.
- to support the Student Health Center, especially those services provided for the improvement of the health of the university community.

### **Patient Rights:**

- to be treated with respect, consideration, and dignity.
- to know the name of the practitioner providing your care.
- to be discreet with private medical examinations, discussions, and consultations.
- to obtain complete, current, and easily understandable information from your health care provider about your diagnosis, treatment, and expected outcome(s).
- to expect reasonable continuity of care, that is, to be seen by your chosen medical care provider within a reasonable period of time.
- to change your medical provider for any reason, as long as another qualified provider is available.
- to participate in decisions involving your medical care.
- to be assured of the confidentiality of your personal medical records. You may approve or refuse their release to anyone outside the facility, except as otherwise provided by law or a third party payment contract.
- to expect the Student Health Center to make a reasonable response to your requests.

## **Acne**

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### **What Is Acne?**

Acne is a common skin condition in teenagers and young adults. It affects mainly the face, neck, chest and upper back. The exact cause is unknown. Some causes of acne may include: tension, perspiration, oiliness, women's menstrual cycles and cosmetics.

Acne begins when the ducts of sebaceous (oil) glands become blocked. The primary lesions are black heads, or inflammations around the oil glands, which develop into deeper infections, causing pimples or infected nodules under the skin.

### **What to Do**

Keep skin and hair clean and less oily by washing twice a day. Avoid wearing heavy makeup. Over the counter medications that may be helpful are those that contain 2.5 or 5 percent benzoyl peroxide.

### **When to Seek Help**

If your acne persists or flares up despite the above measures, consult a health professional.

## **Allergy & Hayfever**

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### **What is an Allergy?**

Allergies are seasonal or perennial sensitivities to a substance or condition that is harmless to others. Examples are hay fever, asthma, and hives. Allergens, substances that induce such sensitivity, can be in food, pollen, medication, dust or mold, animal danders or any number of things.

### **What to Do**

Avoid the allergen, if possible. If your allergy is seasonal and not severe, you might use an antihistamine or oral/nasal decongestant. Examples of these include: Actifed®, Chlor-Trimeton Decongestant®, Contac®, Drixoral®, Benadryl Plus®, and Tavist D®.

### **When to Get Help**

If your allergy is perennial or severe, treatment with stronger prescription medications or hyposensitization shots might be recommended. Hyposensitization is a course of therapy against allergens that cannot be avoided, such as dust or pollen. You must see an allergist to be tested for allergies.

## Asthma

Asthma is generally characterized by episodes of wheezing, coughing, and difficulty breathing. If a person has asthma, he or she may often feel tightness in his or her chest. An asthmatic attack is a bronchial reaction in which the air passages tighten up and restrict the ease of air flow. Asthma may be triggered by dust, respiratory infection, smoke, chemical vapors, pain relievers, stress, or a cold.

To breathe, relax and sit down. Concentrate on taking slow, deep breaths. Treatment of asthma often includes a prescription to relax the air passages. If your asthma attack persists, call the Student Health Center or go to the Emergency Room immediately. Each individual case requires specific medical attention.

### **WARNING!**

*If you have Asthma you should not smoke! Smoking can make your asthma worse, as well as increase your risk of pulmonary diseases, like bronchitis and emphysema.*

## Athlete's Foot and Jock Itch

### **Athlete's Foot**

Athlete's foot is caused by a fungal infection on the feet, particularly between the toes. Common symptoms of the infection include itching, burning, and cracking of the skin. Usually athletes can avoid this by changing their socks when they are damp and using medicated powder to ensure dryness between the toes. If these measures fail, consult your healthcare provider to get a stronger medication.

*Wear sandals in public showers!*

### **Jock Itch**

Jock Itch is a fungal infection that causes severe itching and moistness on the skin of the groin and upper thighs. There may be areas that ooze clear fluids. Cleanliness and keeping these areas dry is the key. Change underwear daily. Consult your pharmacist for medication to prevent jock itch. To relieve jock itch, apply antifungal medication, wear cotton underwear and avoid wearing tight clothing.

Two suggested antifungal medications that work to cure athlete's foot and jock itch are Micatin® and Lotrimin®. If your condition does not improve, call or make an appointment.

# Birth Control

The following is a brief description of some current contraceptive options available through the Student Health Center. You can get more information at the Student Health Center. These are not all the methods of birth control.

*All services provided by the Student Health Center are confidential.*

## **Birth Control Pills**

Birth control pills are a synthetic compound similar to the natural hormones estrogen and progesterone, which are produced by a woman's body. These pills inhibit the release of an egg from the ovary, preventing pregnancy. When taken regularly birth control is 90 to 99% effective. A healthcare provider must prescribe the pills and women who take birth control pills **must have a physical exam done by a health practitioner each year.**

## **Condoms**

The condom is a barrier that blocks the entrance of sperm into the vagina. If used correctly, the condom is 90 to 97% effective in preventing pregnancy and sexually transmitted diseases. The advantage of condoms is they have no physical side effects. The disadvantage is they can sometimes break.

## **Depo-Provera**

Depo-Provera is a hormone injection given by a healthcare professional once every three months. The disadvantage of Depo-Provera is that it may cause irregular menstrual bleeding. Fewer than one out of a hundred women get pregnant using Depo-Provera.

## **Patch**

The Patch is contraception with both estrogen and progesterone components. The patch is 99% effective. The Patch is applied once a week for 3 weeks and then left off for one week. You do need a prescription to obtain the Patch and a nurse will show you how and where to apply the Patch.

## **The Vaginal Ring**

The Vaginal Ring is inserted into the vagina and releases both estrogen and progesterone for contraception. Each month the vaginal ring is inserted into the vagina and left in place for three weeks. During week 4 the ring is removed. You will need a prescription for the ring, and if you have additional questions, call the health center.

## **Animal Bites**

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### **Animal**

Domestic pets account for most animal bites. Dogs are more likely to be the cause of these bites, however cats are more likely to cause infection. If you are bitten, wash the area well with soap and water and apply antibiotic cream. If the skin is badly torn or if bleeding persists, apply pressure to stop the bleeding, then seek medical help.



See a health practitioner immediately if the animal has not had regular rabies shots or you have not had a tetanus shot within the last five years. If possible, the animal should be restrained until the proper authorities can determine whether or not the animal has rabies or any other communicable disease.

### **Human**

Human bites are the most dangerous of all mammalian bites. Do not treat a human bite yourself. Stop the bleeding by applying pressure; wash the wound thoroughly with soap and water, and bandage. You must see a health care provider immediately.

See a healthcare provider if you have any indication of infection (swelling, redness, pus drainage from the wound, or pain) or fever, headache, or other flu-like symptoms with your bite.



# Insect Bites & Stings

## **Spiders**

The bite from a spider can be intensely painful and reactions to the bite may be quite severe. It may produce a spreading inflammation and ulceration to the underlying tissue and even muscle. If it is a normal spider bite, wash with soap and apply ice. If you are bitten by the brown recluse spider, (distinguished by three pairs of eyes in a semi-circle arrangement and a brown violin-shaped marking on its underside), seek immediate medical assistance.

## **Bites and Stings**

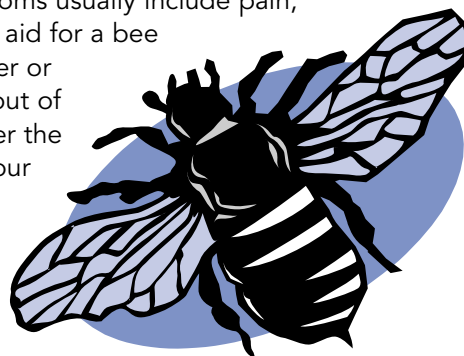
Most bites and stings are harmless. A minor bite causes a bump that may itch for a few hours, then disappear over a few days. Some insects, such as spiders and scorpions, do have potent venom. If you are hypersensitive to the venom you may have an allergic reaction. Some tick bites may also be dangerous.

Here are some suggestions on how to treat common bites and stings.

- apply a cold pack
- oral antihistamine (Benadryl) may help relieve pain and swelling and relieve itching

## **Bees**

A bee's sting is always potentially serious. Although the severity of local allergic reactions varies, the symptoms usually include pain, swelling, redness and itching. First aid for a bee sting requires removal of the stinger or venom sac. Gently lift the stinger out of the skin by passing a fingernail over the skin. Don't grab the stinger with your fingers because you can squeeze more venom into the sting. Wash the sting with cold water and apply ice. If you have nausea, breathing difficulties, generalized itching, or feel light headed, seek immediate medical attention.



**Ticks**

These are small insects which burrow into the skin and can transmit many diseases, such as Lyme disease. Ticks are usually prevalent in the spring and summer in woody areas. A tick can often be felt before it starts to burrow under the skin. Remove a tick by gently pulling it with tweezers, as close to the skin as possible, then burn the tick. After the tick is removed, wash your hands and the spot with soap and water. If any infection develops, contact the Student Health Center.

## **Blisters & Bruises**

**Blisters**

Blisters are your body's natural defense against an irritating force, such as friction, heat, or pressure. They contain small pockets of serum or blood that form between the layers of skin. Do not pop your blister! The skin will reabsorb the fluid back into the system so it is best to leave them alone. If the blister does break, it is an open wound and should be treated with soap and water, then covered with a bandage. An antibiotic ointment such as Bacitracin® may be used. If any signs of infection (redness, drainage, warmth) are present, seek medical attention.

**Bruises**

Injuries resulting from a hard blow where the skin is not broken are called bruises. Bleeding under the tissue's surface usually produces a blood clot, which appears black or blue. The area may appear red at first, then turn blue and finally a green or yellow.

The best treatment for a bruise is to apply an ice pack immediately. Leave the ice pack on for about 20 to 30 minutes. Most bruises do not require medical attention. However, if the bruised area is extensive or painful, seek medical attention.

# Burns

Burns may be first, second, or third degree depending on the depth and severity of tissue damage. First-degree burns are the most common and are usually caused by exposure to the sun or a hot object.

*If you need urgent care come in right away.*

## **First Degree**

To care for a first-degree burn rinse with cold water immediately. Use aloe to help the burn heal.

*Never use butter or fat on a burn!*

## **Second Degree**

These burns are more serious and are marked with the formation of blisters. After rinsing with cold water gently clean with soap and water, and apply a sterile dressing to protect the blister from breaking. Put an ice bag on the burn until the pain is gone. If your burn covers a large area seek medical help.

## **Third Degree**

These burns are the most serious because they destroy the full thickness of skin. Third degree burns are treated as a medical emergency, especially if they cover a large part of the body. The skin is dry, pale white, or charred, black & swollen. If you have this kind of burn, go to the Emergency Department immediately.

## **Electrical Burns**

These are medical emergencies. There may be internal damage even though the burn does not look serious. Seek medical attention immediately.

## **Chemical Burns**

These are usually caused by acid exposure to the skin or eyes. They require immediate attention. Immediately flush your eyes or skin with water. Use a cold shower for skin burns. For eye burns, fill a sink with water, immerse your face while opening and closing your eyes, or flush the eye under a running faucet. Continue flushing the eye for fifteen to twenty minutes, or until the pain stops. If symptoms persist, call the Student Health Center.

# Chemical Use and Abuse

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The following gives brief descriptions of common illegal and legal drugs. Remember, abuse of any drug is unhealthy for you.



## **Amphetamines**

These are uppers and cause mood changes, increase nervous activity, and impose a strain on the heart. For overdoses, protect the user from injury by keeping the person calm. Do not try to balance uppers with downers. Uppers are dangerous to anyone with heart or respiratory problems, if you have any doubt about handling the person, get medical help.

## **Barbiturates/Tranquilizers**

These are also known as downers. They depress nervous or physical activity, relieve tension and anxiety, and often produce sleep. In case of an overdose, try to keep the person awake and call for medical help. Don't try to offset the effects of the downer with an upper, like coffee or other stimulants.

## **Narcotics**

These are drugs that relieve pain and reduce anxiety. These include heroin, methadone, and codeine. These drugs are strongly addictive and should be used only with a prescription. If someone that has overdosed is having convulsions or is unconscious, call an ambulance immediately. This may be a very dangerous drug reaction.

## **Psychedelic Drugs**

These include LSD, PCP, and mescaline. These cause highs that produce mood swings and distort space and time. A person on a bad hallucinogenic trip needs to be calmed and reassured. Talk them down in a quiet, safe place. If they are out of control, call 911.

## **Marijuana**

"Amotivational syndrome" has been associated with regular use of marijuana, which may result in loss of interest and motivation in school and work. Marijuana may also cause lung and brain damage after long term use.

**Nicotine**

In large amounts nicotine decreases blood amounts and blood flow to vital organs. If you would like to give up smoking, contact the Student Health Center to join one of the smoking cessation groups.

**Caffeine**

Many students use caffeine to stay awake while studying. Caffeine is a stimulant that affects the central nervous system and heart. One or two cups may increase energy levels, but large quantities can produce nervousness, irritability, insomnia, or stomach upset. You can regulate caffeine by cutting consumption or drinking decaffeinated beverages.

**Aspirin**

One of the most commonly abused drugs is aspirin. Aspirin relieves pain, decreases inflammation, and reduces fever. If you think you have the viral flu, do not take aspirin. Aspirin can be toxic and harmful when overused. Tylenol or Advil also relieve pain decrease inflammation and reduce fever, and do not cause harm.

For more information about these and other drugs, please contact the Student Health Center.

*If you think you may have a drug-related problem or if you want more information, you can contact the Student Health Center or Student Counseling Services.*

## Colds

The symptoms of a cold include runny nose, red eyes, sneezing, sore throat, dry cough, headache and general body aches. A cold usually lasts about one to two weeks. Using a mouthwash will not prevent a cold, and antibiotics will not cure a cold. There is no cure for the common cold. To prevent a cold, eat well, get plenty of sleep and exercise to keep up your resistance. Make sure to cover your mouth when you cough or sneeze. Also remember to wash your hands often, particularly when you are around people who have colds. See a health professional if your fever is 101 degrees or more; if you're coughing up thick sputum, are shaking or have the chills, have sinus pain, or have a cough that lasts more than seven days.



### **Ear Pressure**

Ear pressure is caused by eustachian tube dysfunction. This tube connects the middle ear with the back of the throat and can become plugged. Chewing gum may relieve pressure. You can also use a decongestant, such as Sudafed®.

### **Congestion and Runny Nose**

These are the result of excess mucous from the nasal passages. For relief you can take a decongestant or antihistamine, however, you should note that some of these medications can make you drowsy. Get rest and drink plenty of fluids. Do not smoke or drink alcohol.

### **Sore Throat**

A sore throat is the result of inflammation of the mucous membrane in the back of the throat caused by bacteria or viruses. Drink plenty of water, and gargle with salt water. You can use throat lozenges. If symptoms persist, or they are associated with a fever, call the Student Health Center.

*Remember  
to wash  
your hands.*

## **Cold Sores**

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Cold Sores are small red blisters that appear on the lip and outer edge of the mouth. They often ooze clear fluid and scab over after a few days. They are caused by a virus called Herpes Simplex. Emotional stress or physical illnesses such as a cold or sunburn, or menstruation may trigger a recurrence. There is no cure for cold sores. At the first sign of a cold sore apply ice: Abreva<sup>®</sup>, Blistex<sup>®</sup> or Campho-Phenique<sup>®</sup> may ease the pain. If you develop cold sores frequently, call for an appointment. Stronger medication which helps prevent cold sores is available by prescription. Remember oral Herpes Simplex can also be transmitted to the genital area.

## **Constipation and Diarrhea**

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### **Diarrhea**

Diarrhea is characterized by frequent loose or watery stools and cramps. Bacteria, viruses, parasites, emotional upset, or excess consumption of alcohol may cause diarrhea. Avoid solid food or things that might irritate your stomach for 24 hours. You must drink plenty of fluids. Avoid juice and milk, but take frequent sips of water or a rehydration drink such as Gatorade. There are over-the-counter medications you can take to help. If diarrhea makes you weak, the frequency of stools increases to one every one or two hours or if stools are black or bloody, contact the Student Health Center.

*If you have  
any problems  
or questions,  
call 271-3731*

### **Constipation**

When it is hard to pass a stool you are constipated. Improper diet, inadequate fluid intake, lack of exercise, emotional problems, and ignoring stools when you have to go causes constipation. To prevent constipation, you must eat well-balanced meals that include fiber such as salads, bran cereals and raw vegetables. You must drink plenty of fluids (one to two quarts per day) and exercise regularly. Laxatives are sometimes helpful. Never take laxatives when you have abdominal pains.

## Cuts and Minor Wounds

With all wounds, the immediate concern is to minimize blood loss and prevent infection. While most cuts do bleed moderately, you can avoid excess bleeding by wrapping the wound with a dressing and by firmly applying pressure.

*If you need urgent care come in right away.*

Before applying a dressing to the cut or wound, wash it out gently with mild soap and water. If bleeding continues after fifteen minutes, apply pressure again and raise the area higher than the heart if possible. Always change the dressing if it becomes wet or dirty.

Large scrapes or cuts can be treated by the above measures. Clean out any gravel or debris in the cut.

A puncture wound may be deep and narrow and can heal without the cleaning effect of bleeding. Wash the area with soap and water. **Do not** use hydrogen peroxide, rubbing alcohol, iodine or mercurochrome because they can harm the tissue and slow healing. You may need a tetanus booster if the wound is serious or if you haven't had this shot in five years.

Infection may occur from cuts, scrapes, or puncture wounds within days after the injury. The area may appear red and swollen, begin to throb, or become tender. Seek medical care if an infection develops.

## Diabetic Emergencies

Diabetes is a non-contagious condition in which the body cannot metabolize food normally because of the inability to produce or use insulin. People with diabetes may develop serious problems due to excessive or inadequate blood sugar in their systems. These problems can lead to confusion, weakness, or coma. Any diabetic person who shows these signs should seek medical help immediately. If the person is able to swallow, give the person orange (or fruit) juice or hard candy such as lifesavers.



If the person is unresponsive, call 911 and ask for an ambulance.



# Eating Disorders

## **Anorexia Nervosa**

This eating disorder is characterized by restricted eating or refusal to maintain normal body weight, fear of being fat, feeling fat when one is not and absent or erratic menstrual cycles in females.

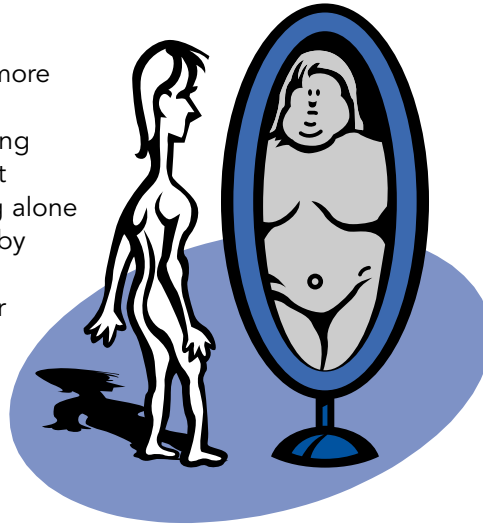
## **Bulimia Nervosa**

This eating disorder is characterized by recurrent episodes of binge eating followed by self-induced vomiting, using laxatives, using diuretics, fasting, or exercising to prevent weight gain.

## **Binge-Eating Disorder**

This is characterized by eating more rapidly than normal, eating until feeling uncomfortably full, eating large amount of food when not feeling physically hungry, eating alone because of being embarrassed by how much one is consuming or feeling disgusted, depressed, or very guilty after overeating.

The Wellness Center provides free nutritional analysis to all students.



## Eye Injuries

*If you have any questions call 271-3731.*

### **Eye Injury**

If there is a wound to the eye by a foreign object call the Student Health Center immediately. Even a small cut may be extremely serious. Do not attempt to remove a foreign object. Seek medical help immediately.

### **Objects**

If there is something in your eye, pull your upper lid out, then down, over the lower lid. Wet a clean towel to try to wipe it out to the corner of the eye. Never rub or scratch your eye because it can cause damage to your eye.

### **Black Eye**

A black eye usually is painful and has some swelling. Immediately apply an ice pack to the eye, to reduce swelling and discoloration. A severe black eye may need medical attention. If there is internal bruising to the eyeball it can be serious even though the eye may appear fine. If your eyeball was bruised call the Student Health Center.

## Fainting and Fatigue

### **Fainting**

Fainting is the sudden loss of consciousness. It is caused by the lack of oxygen to the brain. This is usually due to long periods of standing, over-heated conditions, shock, hunger, the sight of blood, or stress. If you feel dizzy, place your head between your knees or lie down with your legs in the air. Loosen any tight clothing. If someone else has fainted gently sponge water on the person's face. If the student does not respond in a few minutes, call for an ambulance.

*If a person who faints does not respond in a few minutes, you must seek immediate medical attention.*

### **Fatigue**

Fatigue is a feeling of tiredness often resulting from continued mental activity such as staying up all night studying. If the condition does not improve through rest then seek medical help. Most cases of fatigue are from stress or illness. Many people who are depressed complain of fatigue. In this case, getting rest is bad advice. Learning relaxation skills or stress management techniques will help, but if you feel your fatigue is caused by depression consult Student Counseling Services at (515)-271-3864.

## Influenza (Flu)

### **What are the Symptoms?**

Symptoms include: fever (101 to 104 degrees), shaking or chills, body aches, muscle pain, headache, pain when you move your eyes, fatigue, weakness, and runny nose. Symptoms may last up to 10 days. This illness seldom leads to more serious complications.

*The Student Health Center has an annual flu shot clinic. For more information contact the SHC.*

### **When to Seek Medical Help**

See a health professional when your fever is 101 degrees, coughing up Sputum, shaking or chills, sinus pain, or cough lasting more than seven days.

### **How Do You Prevent Getting The Flu?**

To prevent getting the flu get a flu shot each fall. If you have a chronic illness such as asthma, heart disease, or diabetes, it is important that you stay healthy and it is a good idea to have a flu shot. Other ways to avoid getting the flu are to eat a healthy diet, get plenty of rest, exercise regularly, wash your hands often, and keep your hands away from your nose, eyes, and mouth.

## Frostbite

Frostbite is caused by exposure to prolonged or intense cold. Frostbite usually occurs on your ears, nose, hands and feet. A frostbitten area will appear to have a bluish or white with a grayish-yellow cast, feel numb, or have a pins-and-needles sensation. Come inside as soon as possible and place the frostbitten area in tepid water or wrap in warm towels. Warm the area slowly, do not rub or massage frozen skin.

*If you think you have frostbite call the Student Health Center right away.*

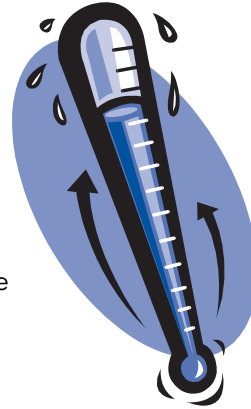
### **How to Avoid**

Dress properly for the weather. Wear many layers to better trap warm air. Cover your hands and face.

## Headache and Fever

### Fever

A fever is a high body temperature. A fever is the way your body fights illness. The best way to get over a fever is to get plenty of rest and take two ibuprofen every six hours or Tylenol® every four hours. Be sure to drink at least eight glasses of water per day. Wear light clothing. Take your temperature according to the directions accompanying your thermometer.



### Headache

For headaches, depending on the possible cause, you can take ibuprofen or Tylenol® or put a cool cloth to your head. If frequent or severe, call the Student Health Center. Headaches may be cause for concern. If you develop a sudden severe headache, stiff neck, fever, nausea or vomiting, confusion, slurred speech, numbness or weakness; seek medical attention immediately.

*If you have a fever of 101° F or more call the Student Health Center.*

## Head Injuries

Most bumps on the head are minor and heal as easily as bumps anywhere else. Head injuries that do not cause visible external bleeding may have caused life-threatening bleeding and swelling inside the skull. Anyone who has experienced a head injury should be watched carefully for 24 hours for signs of a severe head injury. If the victim is unconscious, do not move the person. Have someone call an ambulance right away. If there is bleeding, apply firm pressure directly over the wound with a clean cloth or bandage for fifteen minutes. Apply ice or cold packs to reduce the swelling. Incoherent speech, confusion, vision problems, behavior changes, vomiting, drowsiness, bleeding from the ears, eyes, mouth, or nose characterize a concussion. To treat a concussion, apply an ice pack to the head and seek medical attention immediately.

*If the victim is unconscious call 911.*

## Hives

Hives are itchy swelling of the skin most often caused by an allergic reaction. They can appear as bumps and may grow into large red circles that are pale in the center. These can occur because of a drug reaction, an insect bite or sting, a reaction to certain foods, or emotional stress. You can put calamine lotion on them to reduce the itch, or use a cool compress. Taking an oral antihistamine such as Benadryl® may help. If they don't go away in a day or two consult a healthcare provider. Hives themselves are not dangerous unless the allergic response is so intense it causes dizziness, wheezing or difficulty breathing, tightness in the chest, or swelling of the tongue, lips or face. Call the Student Health Center if any of these symptoms occur.

## Hyperventilation

### **What is Hyperventilation?**

Hyperventilation occurs when you breathe very quickly and deeply. Symptoms are: numbness or tingling in your hands, feet, or mouth; racing heartbeat; anxiety; lightheadedness; chest pain; feeling you can't get enough air; and loss of consciousness.

*Call the Student Health Center if hyperventilation interferes with your daily activities.*

### **What to Do**

To treat, breathe slowly through the nose with the mouth closed; practice a relaxation technique or hold a paper bag over your nose and mouth and breathe in and out slowly.

## Insomnia

Are you having trouble sleeping at night? You may have a case of insomnia. Often insomnia is a result of a temporary emotional or physical tension. If you are having this problem, you must first try to identify the source. Then you can try other measures including avoiding caffeine, exercising, eliminating naps if you take them, and establishing a regular bedtime schedule. Before going to bed, try to relax with a warm bath or yoga. Never use your bed to study in. If these methods do not work, you can consult Student Health.

# Intoxication

Alcohol is a depressant that reduces nervous or physical activity. It is the most used and abused drug in society. Overdoses of alcohol can be dangerous.

*Never leave  
people who  
are intoxicated  
alone!*

## What to Do if Someone Had Too Much

If a student consumes too much and passes out it is important to follow these specific guidelines.

- Place the student on his or her side, this helps to reduce the chances of saliva pooling in the mouth or vomit being inhaled into the lungs. This position also allows for good respiration.
- Monitor breathing and if breathing stops, administer CPR and call for an ambulance.
- **Never** leave the person alone in the room!
- If the student is sleeping quietly on his or her side and has normal color and pulse, no other immediate care should be necessary.



## How to Avoid a Hangover

The best way to avoid a hangover is not to drink at all. If you choose to drink, you can try limiting your drinks to one per hour. One drink means either a 12 oz. can of beer or a 1 oz. shot or mixed drink. Another way is to eat before drinking and drink plenty of water. Be conscious of the amount you drink and the amount that is put into each drink. Another way is not to drink shots. If you are concerned that you or your friend has a drinking problem, please call Student Counseling Services at (515) 271-3864.

If someone has passed out because of alcohol and does not respond, or if he or she has stopped breathing, call 911.

# Muscle Cramps & Shin Splints

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## Shin Splints

Shin splints are a common occurrence for many people who exercise or play sports. Shin splints are a sharp burning sensation in the front of the lower leg. They are usually caused by the jarring action or overuse of the legs from running, aerobic exercise, and other activities.

The best treatment is to rest and elevate your legs. Ibuprofen or Tylenol® may help to relieve the pain. If the pain does not go away or is severe make an appointment at the Student Health Center.

*Seek medical attention if your symptoms persist.*

## Muscle Cramps

A muscle cramp is the tightening of a muscle that is often caused by a knot that can be felt with your hand. These are caused by the overuse of a muscle, dehydration, or using a muscle that is not stretched well. The best treatment is to stretch the muscle and to relax your limbs. Including potassium from sources such as bananas and orange juice may also help. Remember to drink lots of fluids.

# Nose Bleed

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## Why Do You Get Nosebleeds?

Nosebleeds are due to an irritation or injury of the blood vessels in the front of the nose. Low humidity, high altitude, medications such as aspirin, and blowing the nose forcefully can cause nose bleeds.

## What Should I Do?

- In a sitting position, head bent forward, firmly pinch the nose closed for 5 to 10 minutes with an ice cold wash cloth. Breathe through the mouth.
- If bleeding stops then recurs, pinch the nose closed for 10 to 15 minutes.
- Do not blow your nose.
- Avoid aspirin and anti-inflammatory products.
- Avoid strenuous activity for 24 hours after the nosebleed.
- Keep mucous membranes moist. Use saline nasal drops or spray several times a day.

*If bleeding occurred as a result of an injury and the bleeding does not stop, call the Student Health Center.*

If after 30 minutes of pressure, your nose is still bleeding, call the Student Health Center.

## Poisoning

For any poisoning, call 911 or your local poison control center immediately (Poison Control 1-800-955-9119). If you believe that you have food poisoning which is characterized by nausea, vomiting, or wrenching abdominal pain that occurs one to six hours after eating, call the Student Health Center. If you suspect food poisoning, and if others who ate the same food are also sick, or if you have eaten un-refrigerated foods, call the Student Health Center.



**Statewide Poison Control Center  
1-800-222-1222**

## Poison Ivy & Oak

Poison ivy and other plant rashes are often red, blistered, and itchy, and appear in lines where the leaves brushed against the skin. These plants give off resin that causes severe itching if it comes in contact with the skin. If you are exposed to poison ivy or oak, wash your skin with dish soap and water within 30 minutes to get the allergy-causing oil off your skin. Also wash your clothes and anything else that may have come in contact with the plant. Apply cold, wet compresses to reduce itching. Leave the rash exposed to the air. Calamine lotion is helpful for plant rashes. Use it three to four times a day. Use hydrocortisone cream to provide temporary relief of itching. If there are any signs of infection, such as pain, swelling, redness, tenderness, red streaks extending from the area, discharge of pus, or fever, contact the Student Health Center.



# Rashes

A rash is any irritation or inflammation of the skin. Rashes can be caused by illness, allergy, or heat, and sometimes by emotional stress. For rashes caused by poison ivy or oak, see the previous page.

## How to Control an Itch

- Take a cold bath with baking soda, Aveeno<sup>®</sup>, or oatmeal (one cup to tub of cool water) several times a day.
- Apply baking soda paste, calamine lotion, or Aveeno<sup>®</sup> to area.
- Take your usual antihistamine (Benadryl<sup>®</sup>, Chlor-Trimeton<sup>®</sup>) and follow instructions on the label.
- Avoid scratching.
- Apply wet dressings soaked in Burrows solution (Bluborr<sup>®</sup>, Burveen<sup>®</sup>, Domeboro<sup>®</sup>), and follow instructions on the label. Change frequently—up to eight times in two hours.

## For Possible Allergic Reaction

- If related to a new medication, stop the medication. Call the Student Health Center if prescription medication.
- Take antihistamine as directed until rash and itching are gone.
- Watch for signs of worsening reaction (swelling, difficulty swallowing or breathing) and call the Student Health Center or ER.

## For Possible Heat Rash

- Apply calamine lotion or hydrocortisone cream.
- Take a cool bath or shower without soap every two to three hours as needed for relief and air dry.

## For Suspected Measles/Chickenpox

- If pregnant, contact the Student Health Center.
- Stay home until rash is gone to avoid exposing others especially pregnant women to the disease.

## For Tick Bites

Lyme disease is a bacterial infection spread by deer ticks. Deer ticks are tiny, about the size of a period at the end of the sentence. Therefore, if it is large enough to be seen, then it's probably not a deer tick. Early symptoms of Lyme disease usually include a red "bull's eye" rash with a white center around the bite. The rash develops four days to three weeks after a tick bite. Flu-like symptoms such as fever, fatigue, headache, muscle aches, and joint pain may also occur. Lyme disease can be treated with antibiotics to prevent later symptoms, such as arthritis and heart problems.

# Sexual Assault

Sexual assault is an unlawful act that may involve the touching of intimate body parts, sexual intimidation, or forced sexual penetration. This includes sexual intercourse, oral sex, and digital penetration.

## **If you are a victim of sexual assault:**

1. Observe all you can about the attacker.
2. Observe all you can about the attacker's vehicle.
3. Call the 24-hour Rape Crisis Hotline at 286-3535 and/or the Des Moines police at 911.
4. Do not bathe, douche, or change clothes.
5. Time is important; don't wait!
6. Take a friend to the emergency room.
7. Bring a change of clothes, if possible.

## **Safety Tips to Reduce the Chances for Sexual Assault**

1. The best defense is not to drink. If you drink, limit alcohol intake.
2. Don't drink anything you did not bring or did not open yourself. Don't drink from another person's container, from a punch bowl, beer, bong, etc.
3. Keep your drink in your hand and under your watch at all times
4. Don't drink alcohol in a high-risk setting for sexual assault (like parties or bars).

The date rape drugs, Rophynol and GHB, are odorless and colorless when mixed with drinks. The affects of these drugs can last 6 to 8 hours. These drugs can lower your sexual inhibitions, cause amnesia and even cause death, when mixed with alcohol.

## **Sexual Assault Emergency Numbers**

Police .....	911
Rape Crisis Hotline .....	286-3535
(24 hour confidential counseling)	
Polk County Victim Services .....	286-3600
(Confidential counseling, support groups)	
Des Moines Police Department Sexual Crimes Unit.....	283-4832
Broadlawns Medical Center .....	282-2253
Iowa Methodist Medical Center .....	241-6213
Iowa Lutheran Hospital .....	263-5120
Drake Campus Security .....	811/271-2222

# Sexual Health

## Important Tips on Staying Healthy

- Perform monthly breast or testicular self-exams.
- Women who are sexually active or over 18 years of age should have annual pelvic exams and pap smears.
- Abstinence is the best protection against sexually transmitted diseases and pregnancy.

## If You Choose to be Sexually Active

- Always communicate with your partner about your sexual concerns.
- Avoid consuming alcohol when making decisions about sexual intimacy.
- Use a latex condom to protect against STDs, HIV, and pregnancy. You can get these at the Student Health Center or the Wellness Center.
- Use a condom and other forms of contraception properly.

## If You Choose to Abstain

- The decision to abstain is yours. Choices about how, when and where you express your sexuality are yours alone.
- Intimacy can include physical contact without intercourse.
- Many more men and women are choosing to abstain for many well thought out reasons. If you do make a decision to abstain, remember that you are not alone.

## Symptoms of Sexually Transmitted Infections

- Painful urination
- Pain during intercourse
- Unusual genital discharge
- Unusual cramping
- Genital sores
- Genital itching
- Bleeding between menstrual periods

If you have these symptoms or have been exposed to an STD through a partner, you should be checked by a healthcare provider as soon as possible. Some people have no symptoms. If you think you have an STD, make an appointment at the Student Health Center.

## If You Have Any Questions About Sexual Health

Call (515) 271-3731 to speak with a nurse or to set up an appointment.

*Free and painless, HIV testing is available at the Student Health Center. Just call and make an appointment. All services provided by Student Health are confidential.*

# Sprains & Strains

## Sprain

A sprain is an injury to the ligaments, tendons, or soft tissues around a joint.

*Seek help if pain continues or swelling persists.*

## Strains

A strain is an injury caused by over-stretching of a muscle.

## Fracture

A fracture is a broken bone.

*Ibuprofen can be taken for the discomfort every six hours.*

## Dislocation

A dislocation occurs when one end of a bone is pulled or pushed out of its normal position.

All four injuries cause pain and swelling. If a bone is poking through the skin, or if a limb turns white, cold, or clammy below the injured area, immediate medical care is needed. Most minor strains and sprains can be treated at home.

## How to Treat

- Get plenty of rest and do not put weight on the injured joint for 24 to 48 hours.
- Ice the joint to reduce the pain and swelling and promote healing. Heat feels nice, but it does more harm than good if it is applied too soon (less than 72 hours after an injury). Apply ice or a cold pack immediately to prevent or minimize swelling. Apply ice for 20 minutes each hour.
- Wrap the injured area with an elastic bandage or compression sleeve to immobilize and compress the area. Don't wrap too tightly.
- Elevate the injured area on a pillow while you apply ice and anytime you are sitting or lying down. Try to keep the injury at or above the level of your heart to help minimize swelling.

## When to Get Help

- If the injured limb or joint is deformed.
- If the skin over the site of an injury is broken.
- If you feel numbness, tingling, severe pain, loss of movement.
- If the skin is pale white, or blue, or feels colder than the skin on the limb that is not hurt.
- If you have a hard time moving the leg because of weakness or pain.

# Sun Burns & Heat Exhaustion

## Sunscreen

Sun protection factors (SPFs) are developed for certain levels of protection and sensitivity. The higher the number, the more protection the sunscreen provides. If you are going to be in the sun for more than 15 minutes, wear sunscreen that has SPF 15 or higher. Apply the sunscreen at least 30 minutes before going in the sun. Reapply sunscreen every two to three hours while in the sun and after swimming or sweating a lot.



## Self Examination

It is important that you examine your skin monthly for any unusual changes, especially if you have fair skin or a family history of skin cancer.

## Sunburns

Placing an ice pack on the skin or taking a cool bath can treat sunburns. Use aloe to help heal the sunburn. Take acetaminophen or Ibuprofen for pain. Drink plenty of water. If you experience a fever, fluid filled blisters, dizziness, or visual difficulties, see a doctor.

*Remember to reapply your sunscreen every two hours!*

## Heat Exhaustion

A person with heat exhaustion will appear pale, have clammy skin, have a headache, feel weak, dizzy, and nauseated. To treat heat exhaustion give the person a few sips of salt water, then elevate their feet. Loosen their clothes. Have the person drink large amounts of fluids and avoid physical exertion.

## Heat Stroke

A person with heat stroke will have hot, dry, red skin. Heat stroke happens when you stop sweating and your body temperature continues to rise. The person may have a rapid pulse and in some cases become unconscious. This is a life-threatening situation. Apply cool (not cold) water to the person's body and give them little sips of cool water. Seek medical attention immediately.

# Urinary Tract Infection & Vaginitis

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## Urinary Tract Infection

Urinary Tract Infection is caused by germs that ascend to the bladder. These infections are more common in women than in men.

### How to prevent

- Drink plenty of fluids (two quarts a day).
- Urinate when you feel the urge.
- After urination or bowel movement, wipe from the front to the back.
- Wash genitals with soap and water, dry thoroughly.
- Wear cotton underpants.

### When to Get Help

- Painful urination.
- Frequent urination.
- Feeling the urgent need to urinate while passing little urine.
- Pain near kidneys or over pubic area.
- Chills or fever along with pain near kidneys.

## Vaginitis

Vaginitis is an inflammation of the vagina. Symptoms include: a change in the amount, color, odor, or texture of vaginal discharge; itching; painful urination; and pain during sexual intercourse. Vaginitis may clear up without treatment in a few days; if it does not improve call the Student Health Center.

### How to prevent

- Use condoms during sexual intercourse.
- If you think frequent vaginal infections are related to using a diaphragm, IUD or other birth control products, discuss other birth control options with your healthcare provider.
- During your period, change your tampons every 4 to 6 hours.

### When to Get Help

- Pain in pelvic area or lower abdominal pain, fever, unusual vaginal discharge
- Pain and bleeding after sexual intercourse
- You have an unusual or foul smelling vaginal discharge or itching that does not go away.
- You think you've been exposed to a sexually transmitted infection.

*If you think you may have a urinary tract infection or vaginitis make an appointment at the Student Health Center.*

# Vomiting

## What is It?

Nausea is a very unpleasant feeling in the pit of the stomach. Intense nausea often leads to vomiting, which forces stomach contents up the esophagus and out the mouth. Nausea and vomiting may be caused by the stomach flu or food poisoning, medications, pregnancy, diabetes, migraine headache, or a head injury.

*If symptoms persist or become severe, or if dehydration appears likely, contact to the Student Health Center.*

## What to Do

If vomiting lasts longer than 24 hours, sip a rehydration drink to restore lost fluids and nutrients. Rest in bed until you are feeling better. Watch for and treat early signs of dehydration. After vomiting has stopped for one hour, drink one ounce of a clear liquid every 20 minutes for one hour. Clear liquids include apple or grape juice mixed to half strength with water, rehydration drinks, weak tea with sugar, clear broth, and gelatin dessert.

## When to Get Help

If you experience signs of dehydration, severe headache, sleepiness, lethargy, or stiff neck. If vomit contains blood or material that looks like coffee grounds or if vomiting lasts for more than 24 hours. If diarrhea and vomiting are present simultaneously seek help because this may cause rapid loss of fluids.

## **Health Requirements**

All new students born after 1956 must document they have had 2 doses of measles vaccine (or MMR), one of which occurred in 1980 or later. Signatures of medical providers or photocopies of medical records are required. Immunization requirement forms are available from the Student Health Center, at summer orientation, or the dean of student's office.

TB test are required for international students, students who plan to or have traveled abroad.

The above requirements are needed before the end of the semester.

Students who have not satisfied the above requirements will not be permitted to register for the following semester's classes.