

Healthful information to help you survive your college experience

Maintenance of good health is paramount to achieve academic success. To help you reach this goal, follow these simple guides:

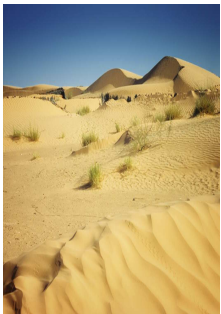
Handwash frequently—before eating, after visiting the washroom, when hands are visibly soiled, after touching public objects like doorknobs, light switches, keyboards, etc.

Carry alcohol-based hand cleaner in your pocket when water is not available to wash hands.



Avoid touching your face or mucous membranes of eyes, ears, nose & mouth with unwashed hands.

Desert Living 101-



Sun Exposure-- avoid too much exposure to the sun, especially between 10:00 am-2:00 pm, wear protective clothing outside and use sunscreen. Wear sunglasses. Drink plenty of fluids—water is best, to avoid dehydration.

Most vegetation has pickers so be careful to avoid thorns.

Campus Living:

Keep your living space clean— do not throw clothing on the floor for insects to hide in.

Keep food in covered, impervious containers to avoid inviting bugs into your room.

Shake out shoes, towels, clothing before using in case a creepy crawler is present.

Do not share drinking glasses, lipstick/gloss, toothbrushes, hair combs, helmets, water bottles, any personal item with others to avoid spreading germs.

Use disinfectants to wash down faucets, light switches, keyboards, doorknobs, etc. in your room at least once a week to kill harmful viruses and bacteria that can cause illness.



Coughing Etiquette:

Cover your nose and mouth with a tissue when you cough or sneeze. Throw tissue in the trash after use & wash your hands. Or, cough into your sleeve so as not to contaminate your hands.

Report to Health Services if you feel ill. We are located in Music Room Bldg— Room 104.

Avoid drinking alcohol and using other drugs it's against college rules, it is harmful to your body, and adds empty calories to your diet.

Avoid smoking .

Exercise daily— at least 30 minutes a day to maintain weight, heart health, good blood pressure ,and it helps decrease stress!

Avoid Sexual Transmissible Infections (STI) by practicing smart sex (birth control/using condoms/getting tested) or practicing the art of abstinence!

Feeling overwhelmed or depressed? Visit Health Services for help, counseling, stress management, friendly advice:)



Visit these websites to learn more health habits against :

H1N1 Flu: www.cdc.gov/h1n1flu/sick.htm

Meningitis: www.stopmeningitis.nfidinitiatives.org/materials/patientinfosheet.pdf, or

www.cdc.gov/meningitis/about/index.html

Methicillin- Resistant *Staphylococcus Aureus* (MRSA): www.cdc.gov/mrsa/

**AWC's Health Service Walk-in Nurse
Clinic can assist you with:**

- Colds and flu
- Sore throats
- Gastroenteritis
- Burns, cuts, sprains
- Birth control counseling
- Pregnancy testing and counseling
- Abortion counseling
- Emergency contraception info & advice
- Sexually Transmitted Infections (STI's)
and advice
- Nutrition
- Asthma
- Smoking
- Stress
- Drug and alcohol use

In addition to the above clinical services, the nurse walk-in clinic provides screening tests, injections, immunizations and health education.



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**Staying Healthy in College
'Healthful' Advice**



**Arizona Western College
Health Services**