



A publication of the Student Health Advisory Council and the Student Health Service

UD STUDENT HEALTH SERVICE
• LAUREL HALL •

Campus Emergencies.....9-911
Appointments/Information.....831-2226
Women's Health.....831-8035
Sports Medicine.....831-2482
Comment Line.....831-4898

www.udel.edu/shs

Seasonal changes and your skin

Seasonal changes bring cooler temperatures, windy weather, and heated dorm rooms. These changes can cause the skin to become dry, flaky, itchy and cracked. There are several things that you can do to help protect your skin from these conditions. When going out, wear protective clothing such as gloves, hats, earmuffs and scarves. You can help add moisture to a dry room by using a humidifier. If you do not have access to one, try placing a container filled with water near a heating vent and change the water every few days. There



are several things that you can do to help hydrate the skin. The first thing is to drink a lot of water. Friction from tight or rough clothing like a wool sweater may irritate the skin so wear loose clothing. You should avoid frequent hot showers or baths and harsh soaps. Instead use tepid water and a mild moisturizing soap like Dove™ and be sure to rinse off well to remove any residue. You should apply a moisturizing cream or lotion like Eucerin™ while your skin is still damp. This will help seal in the moisture. The lips need protection so use a lip balm. Try to incorporate some of these measures to help keep your skin healthy.

Healthy travel tips In the know before you go

Traveling abroad? Winter session? Spring break? Just for fun? Anytime you travel you should find out about the health and safety issues in the area in which you'll stay. There are a variety of ways to get information, including the Centers for Disease Control (CDC) at 1-888-232-3299 or

www.cdc.gov

or the US State Department Travel Advisories for each country at

travel.state.gov.

Here at the Student Health Service we offer information on the country or countries you'll be visiting and immunizations that may be necessary for travel. Remember to allow 4 to 6 weeks to get all the immunizations you may need and to allow time for the immunizations to go to work!

There are things to keep in mind when you travel. For instance, do you know if your

medical insurance will cover you in another country? Is the blood screened for HIV where you are going? Do you have an extra pair of glasses or contacts for your trip? If you are taking prescription drugs, do you have enough for your trip in properly labeled containers?

Food and water precautions are going to allow you to have an enjoyable trip. Prevention is a big part of staying healthy. Insect repellent, bottled water, proper clothing, sun protection and eating foods that are served piping hot or peeled will help you have a safe and healthy trip. Be sure that the water that you will be swimming in is well chlorinated or is ocean water. Taking along both a health record with a list of your medical problems, allergies, blood type and your health insurance ID would be a good idea.

Please call us at the Student Health Service for more information on how to make your trip a safe and healthy one!



Valentine's Day, February 14, is National Condom Day.

UNIVERSITY OF
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NO! It's a complete sentence.

All rape is traumatic but there is something particularly traumatic about a woman being raped by someone she knows. No matter who rapes, it is an assault — sexual violence — that can cause emotional and physical aftershocks long after the rape. Could it happen to you? Sure. Date Rape occurs on virtually all campuses, including the University of Delaware. And, most victims are female and between the ages of 18–25 years.

You can take steps that may lower your chances of being raped, but unfortunately rape cannot always be prevented.

- Set limits and express clearly and firmly your sexual intentions early on.
- Avoid being alone. Go on a double date, spend time in well-lighted public places, or arrange your own transportation.
- Avoid alcohol and other drugs and be aware of how much your date is using, too.
- Monitor your drinks. Keep drinks from being tampered with by keeping them with you at all times, not leaving them unattended, opening cans and bottles yourself, and watching the person who is mixing your drink. Never drink from a punch bowl. Be aware that most date rape drugs go undetected in non-alcoholic beverages, too.
- Avoid giving mixed messages.
- Examine your feelings and attitudes about sex, money and power:

What role does sex play in your life at this time?

Who should pay for a date?

If a date pays, should that affect your decision to have sex with him or her?

What roles do men and women play in relationships? Sexually?

- Talk with others whom you trust about these issues.

IN THE EVENT THAT YOU ARE RAPED WHAT CAN YOU DO?

- Go to or call a friend or family member for support. They may be able to help you determine the next best step.
- Go to or seek out a trustworthy authority, such

as a RA, Hall Director, or Professor. They can guide you through the process of locating your best resources.

- Call the police and ask to speak to someone in victim's services. They can keep you safe.
- Contact professional sources of support, such as crisis hotlines. The knowledgeable people who staff these agencies are specifically trained to help you through all aspects of this traumatic experience.

S. O. S. — Sexual Offense Support Services of the University of Delaware. Emergency and informational hotline, 24 hours per day, 7 days per week. Call 831-2226 and a SOS volunteer will contact you immediately.

Rape Crisis Contact — Servicing State of Delaware residents. Emergency and informational hotline, 24 hours/day. Call 761-9100 in New Castle County.

- Seek health care. Even if you do not believe you have been injured, a medical consultation will help you to prevent problems that may arise as a result of the assault.

The Student Health Services of the University of Delaware — Open for care 24 hours/day during the Fall and Spring Semesters. 831-2226.

Christiana and Wilmington Hospitals — Emergency rooms are equipped with a special nursing service called S.A.N.E. designed to make rape exam and treatment more confidential and sensitive.

UD Student Health Services Women's Health Clinic — Full gynecological services available 8 a.m. until 4:30 p.m. M–F.

- Seek counseling. You have been through a traumatic event and will benefit from a trained counselor's support and understanding. **Do not blame yourself!**

The University of Delaware Center for Counseling and Student Development — Psychologists and psychiatrists are available for confidential, individual consultations and on-going counseling and support. 831-2141.

- Consider making an official report of the rape. You can make a report whether or not you plan to file charges. The rape can be reported to either University or local police.

Strategies to help you CHECKMATE asthma

You may find new challenges in keeping your asthma under control in the college environment. It might be helpful and healthful to consider the following suggestions:

- Reassess what triggers your asthma. Keep in mind that secondhand smoke may be a new or heightened trigger for you. Other triggers may include allergens (dust, pollen, mold), strong odors such as perfumes, colds or other respiratory infections. Fear or excitement, sudden change in weather, or exercise may cause an asthma attack.
- Remember to use your peak flow meter and record findings regularly. It is important that you and your health care provider know your baseline breathing ability.
- Understand how your asthma medications work in order to prevent an attack or to treat an attack.
- Develop an **action plan**.
- Know and control triggers.
- Recognize early signs and symptoms of an attack.
- Have medications available; know what medications to take and their actions.
- Know when to seek medical help.

Call Christiana Care's Asthma Education Program for more information at (302) 428-4088. By keeping your asthma under control, you can remain active!



NEW TO CAMPUS?

Wonder how to get to the Student Health Service? Look straight down the Green from Memorial's South entrance. We're in Laurel Hall, the building with the "Blue Hen" weathervane on top.

