



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  
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Comment Line.....831-4898

[www.udel.edu/shs](http://www.udel.edu/shs)

## All night long – and more

Sometimes you have need of health care in the evening or the middle of the night.

Whether it be a bout with a “stomach bug,” a whopper of a migraine, or a need to talk about the stresses of school and life, the Student Health Service not only is there for you during normal office hours but also in the wee hours of the night.

Each night the Student Health Service has two nurses trained to handle student problems. The nurses can consult a Health Service physician and, if needed, care for you in our Inpatient Department. Eight inpatient beds are available to students for treatment and observation, as well as rest and recuperation.



When at home, you had someone to turn to for health care needs or a shoulder to lean on. At college, the Student Health Service is there for you day and night.

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## What to do and where to go when chicken soup isn't enough

The Student Health Service has many clinics and departments that offer a variety of services. Here is some information to help you decide where to go. Call 831-2226 for an appointment or more information.

### ACUTE CARE CLINIC / CLINIC ROOM

For the student who has an acute health care problem that needs prompt assistance. No appointment is needed. A nurse will meet with you and help plan your care. Students with emergency or urgent problems are treated first.

### ALLERGY / IMMUNIZATION CLINIC

By appointment only. Hours: Monday, Tuesday, Thursday, Friday, 8:15 am–11:30 am and 1 pm–3:45 pm. Provides the administration of allergy serum provided by your physician. Provides the administration of vaccines against preventable diseases (e.g., Hepatitis B, and measles, mumps, and rubella).

### LABORATORY

Hours: Monday–Friday, 8 am–4 pm  
Provides a wide range of primary lab services at no charge. Coordinates testing with an outside lab and your private physician. When an outside lab is used this testing is not included in your health service fee.

### NUTRITION CLINIC

An appointment is needed as well as a referral from a Student Health Service clinician or counselor. Provides nutritional evaluation, information, and counseling about nutritional and dietary concerns.

### MEDICAL CLINIC

An appointment is needed. Provides treatment and follow up for general medical care.

### WART CLINIC

Hours: Wednesday 9 am–noon and 1 pm–4 pm. Must be diagnosed and referred by Student Health Service clinician before first appointment for treatment is made.

### WOMEN'S HEALTH / GYN

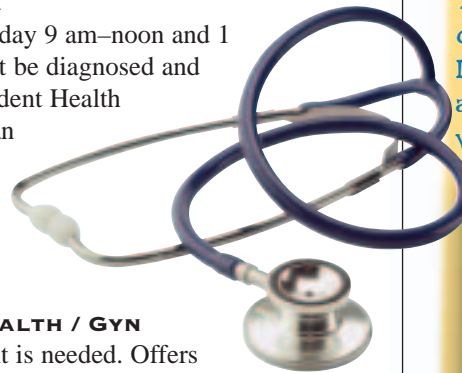
An appointment is needed. Offers full gynecological services, emotional support, education, and referral. Services available include: routine gynecological exams, Thin Prep Pap smears, diagnosis and treatment of infections, pregnancy testing, prescriptions for various birth control methods and emergency contraception. A special sensitivity to first gyn visits. Staffed with female practitioners.

### SPORTS MEDICINE

An appointment is needed. Although primarily for athletes, other students may be referred for evaluation.

### X-RAY / RADIOLOGY

Hours: Monday–Friday, 8 am–noon and 1 pm–4:30 pm. Provides x-rays when ordered by a health service clinician. There is a fee for service that is not covered by the health fee.



# Top 10 Questions

**1 Can I schedule an appointment?** Appointments can be scheduled by phone or in person Monday–Friday from 8 am–5 pm. Call 831-2226.

**2 Do I need to cancel my appointment?** If you are not going to keep an appointment, please call well ahead of time so we can offer this appointment to another student.

**3 If I become suddenly sick or injured, can I be seen without an appointment?** At the Urgent / Walk-In Clinic no appointment is needed. A nurse will assess you and schedule appropriate care.

**4 What if I am sick and have no way to get from my dorm to the health center?** A student living on campus can call Public Safety at any time and ask to be brought to the health center.

**5 If it is 2 am, do I need to wait until 8 am to come over?** No, the Student Health Service is open 24 hours a day when classes are in session except during holidays and breaks.

**6 What if I feel sick and don't want to stay in my room?** Students who choose to do so may stay at the health center in the inpatient area.

**7 I heard that if I have a cold I can come and get some free medicine. Is this true?** You can visit the Self Care Center and pick up a "URI/Cold pack" that contains some over-the-counter medicine plus disposable thermometers.

**8 Does it matter if I am late for my appointment?** If you arrive late for your appointment you may need to reschedule. It is advisable to arrive 10 minutes before your scheduled appointment.

**9 Can I call and speak with someone about health questions?** Nurses are available to speak with you regarding health related questions and concerns. If the nurse is busy leave a message and the nurse will get back to you as soon as possible.

**10 Where is the Student Health Service located?** In Laurel Hall, at the lower end of South Campus; follow the walkway south from the library. We are on the NE side of the intersection of South College Avenue and East Park Avenue.

# WHAT IS THE PERFECT Sports drink?

The question is often asked, "What is the best sports drink?" It is widely accepted that for activity that will last less than one hour water is an adequate form of hydration. Activities that are of longer duration or during extreme conditions require mineral supplementation. It is important to remember that sports drinks are not a replacement for proper nutrition. One of the best ways to prevent dehydration and mineral loss is to eat a well balanced diet and maintain adequate hydration at all times.

There are many different sports drinks available, but here are some important tips for choosing the right one for you. Drinks with higher than 6-8% carbohydrate content can cause abdominal bloating and indigestion. Drink a flavor that you like. Studies have shown that sports drinks served at 50-60 degrees are much better

tolerated than ice-cold fluids. Do not drink fluids with higher than 10% glucose content or caffeine, because both can act as diuretics and cause you to lose fluid. The fluid you choose should contain some salt. This will help replace the salt you are losing but also will stimulate thirst so you continue to hydrate yourself.

Having a salty snack the night before exercising is a good practice. If you have normal functioning kidneys your body will maintain the salt you need and you will excrete any excess.

A huge misconception is that sports drinks replace all the electrolytes that you lose while exercising. Although they do replace some of the minerals they are still at a much lower concentration of minerals than your blood. It is important not to over hydrate your body during long activities. In all day activities, such as marathons and triathlons, people who do not replace their electrolytes properly and only replace the water they have lost, can cause hyponatremia. This is a potentially life threatening condition where you replace the water and not the sodium in your blood stream. This can cause seizures and even death in severe cases. It is important that if you are planning to compete in any of these ultra-endurance events or multiple day events such as long hikes, that you consult a sports medicine or sports nutrition consultant to devise a proper hydration plan.

Remember the importance of proper hydration every time you workout, after all, 50-60% of your body is water.



## 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.

