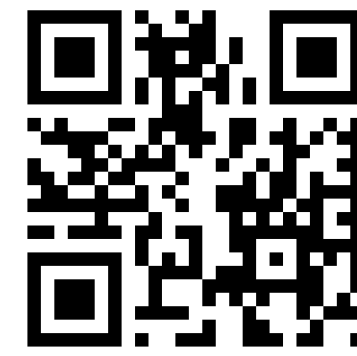
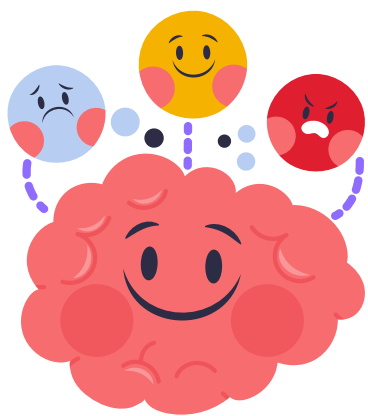


College Health and Safety Tips



01 VACCINATIONS

- Contact your student health clinic to learn about recommended vaccinations including meningitis



03 MENTAL HEALTH

- Make time for yourself: go for a walk, keep up old hobbies or try new ones, set regular meal, bed, and study times



05 NUTRITION

- When schedules get busy, health eating falls to the wayside in favor of quick and unhealthy meals
- Try to eat breakfast every day (grab a banana on your way out the door) and avoid skipping meals
- Meal prep with salad kits and limit take-out options
- Students who cannot afford healthy food options may be eligible for SNAP benefits



DISCLAIMER

- Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

02 HOUSING



- Cook only where it is permitted and never leave unattended
- Avoid extension cords and do not overload electrical sockets
- Do not let unfamiliar people into your dorm

04 PHYSICAL FITNESS



- Take advantage of the on campus rec center and intramural sports
- Physical activity can reduce anxiety and improve mood and sleep

06 ROCK AND ROLL



- Contact your student health clinic to learn about free feminine hygiene products and safe, highly effective methods to prevent pregnancy
- Binge drinking increases risky behaviors
- Smoking harms nearly every organ of the body

For more information please visit

- <https://www.cdc.gov/healthequity/features/college/index.html>

