Welcome!

Health Services would like to welcome our newly enrolled as well as our returning students! We look forward to helping you to stay healthy.

For those who have never utilized our office, here are a few things you should know:

* Health Services is open Monday-Friday 8a-4:30p. (The doors will lock and phones go to voicemail 10min prior to close).
* Our office works on an appointment basis. Please call the office at 860-768-6601 to schedule.
* Services include acute care, women’s health, STI testing, medication management, allergy clinic, physicals, and more.
* We carry both prescription and over-the-counter medications.
* There may be fees for medication or testing. Payments can be made by cash, check, cc or hawks cash.

Hand Hygiene—It is the best way to stay healthy

Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

Always wash your hands before:

- Preparing food or eating
- Treating wounds, giving medicine, or caring for a sick or injured person
- Inserting or removing contact lenses

Always wash your hands after:

- Preparing food, especially raw meat or poultry
- Using the toilet or changing a diaper
- Touching an animal or animal toys, leashes or waste
- Blowing your nose, coughing or sneezing into your hands
- Treating wounds or caring for a sick or injured person
- Handling garbage, household or garden chemicals, or anything that could be contaminated — such as a cleaning cloth or soiled shoes
- Shaking hands with others

In addition, wash your hands whenever they look dirty

How to wash your hands

- Wet your hands with running water — either warm or cold.
- Apply liquid, bar or powder soap.
- Lather well.
- Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean or disposable towel or air dryer.
- If possible, use a towel or your elbow to turn off the faucet.

Please remember to call for an appointment!

860-768-6601
Flu Vaccine Available at Health Services

Many of you are away for the first time. You will be sharing your rooms, common areas; classrooms…exposure to not only the influenza virus but many others are increased.

Student Health Services offers the vaccine on a walk-in basis Monday-Friday from 9a-3:30p. The cost is $25.

Help protect yourself and others by getting your flu shot!

Eat more Fruits and Vegetables!

Most people know that eating fruits and vegetables is important for good health, but most of us still aren’t getting enough. This September, Student Health Services is proud to participate in “Fruits & Veggies – More Matters Month”.

Eating a healthy diet with plenty of vegetables and fruits can help you:
- Lower your risk for heart disease and some types of cancer
- Maintain or reach a healthy weight
- Keep your body strong and active

Here are some ideas to help you fit more fruits and vegetables into your day:
- Keep a bowl of fruit handy where you can see it.
- Cut up fruits and veggies ahead of time so they’re ready for quick, healthy snacks.
- Choose healthy options when you go to dining halls

Challenge yourself to try a new veggie or fruit every week. Remember, eating more fruits and veggies can be fun – and it’s worth it!

Probiotic Layer Crunch (Makes 1 serving)

Fresh berries (blueberries, chopped strawberries, blackberries, or whatever floats your boat)
Rolled oats
Pumpkin seeds
Live probiotic plain yogurt
Ground cinnamon, for sprinkling (optional)
Honey, for drizzling (optional)

Find a nice-size glass – a large tumbler, for example. Begin with a thin layer of fresh berries. Top this with a thin layer of rolled oats, then a thin layer of pumpkin seeds, then finally a layer of yogurt. Repeat this process as many times as is necessary to fill your vessel of choice. You can add a little pinch of cinnamon and a drizzle of honey at the end to jazz things up a bit.