

Self Care Guide For Central State University Students

Student Health Services

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Introduction

This booklet is to be used as a basic guideline to assist you in managing common health related problems you may encounter. If you have any questions or you are concerned your symptoms may be more serious, go to Student Health Services for evaluation during office hours or call ASK-A-NURSE which is available to you 24 hours a day.

**FOR ANY EMERGENCY WHICH MAY BE
LIFE THREATENING, DIAL 911.**

REMEMBER:

YOU ARE PRIMARLY RESPONSIBLE FOR YOUR OWN HEALTH!!

STUDENT HEALTH SERVICES

LOCATION: Central State University
Brush Row Road
Lackey Lee Building
Wilberforce, Ohio 45384

PHONE NUMBER: **(937) 376-6134**

HOURS: 8 AM to 5 PM Monday thru Friday

Body Maintenance

HEALTHY HABITS

- Balance your life – Body, Mind & Spiritual self
- Healthy diet
- Exercise- at least 3 times per week
- Manage stress
- Rest and relaxation
- Safety factors
- Limit alcohol and stop smoking
- Avoid illegal drug use

SELF- CARE

- Self- treatment of common illness
- Examine your breasts/ testes once a month
- Floss & brush your teeth daily. See a dentist yearly.
- Check blood pressure annually, if over 140/90, visit Health Services for check and information.
- Physical exam every 5 years; ages 21-40
- Learn CPR & First Aid
- Keep immunizations up to date
- Have your eyes examined every 1-3years.

SEXUAL HEALTH CARE

- Pap smear and clinical breast exam regularly or as directed by health provider
- Be responsible for making careful choices about sexual activity.
- Improve communication and negotiation skills
- Protect yourself against STDs/HIV by ABSTINENCE or safer sex methods.

ACTIVE PARTICIPATION IN HEALTH CARE CHOICES

- Be a responsible consumer of health care
- Write down symptoms and questions for the doctor
- Volunteer information about health history to your physician
- Understand options and instructions given
- Do not take anyone else's prescription medication
- Call back if symptoms do not improve when expected

Allergies

Allergic rhinitis is an inflammation of the nasal mucosa resulting from sensitivity to an inhaled allergen. Allergies can be:

1. seasonal pollens,
2. perennial dust or mold,
3. environmental smoke, pets, etc.

SYMPTOMS

(You may have some or all of these symptoms)

- ✓ Sneezing
- ✓ Watery nasal discharge
- ✓ Nasal itching
- ✓ Watery, itchy eyes
- ✓ Dry cough
- ✓ Fatigue
- ✓ Headache
- ✓ Low grade fever (up to 100.5F)

SELF- TREATMENT

Actifed, Claritin, Zyrtec, Benadryl, Dimetapp, or generic equivalent.

CAUTION: MAY CAUSE DROWSINESS

HEALTH CENTER VISIT RECOMMENDED IF

- No improvement within 72 hours after self treatment.
- Temperature above 100.5F develops.
- Discolored nasal discharge.
- Pain, tenderness, or pressure around eyes.
- Cough producing discolored mucus.
- Fatigue due to the use of one of the above medications.
- Wheezing or shortness of breath.

Colds

A cold is a viral infection affecting the upper respiratory system including the nose and sinuses, throat, and upper lung passages. There is no known cure for viral infections.

Antibiotics are not effective in treating viral infections.

SYMPTOMS

- ✓ Can last 7-10 days
- ✓ Scratchy or sore throat
- ✓ Stuffy head
- ✓ Runny nose with clear nasal drainage
- ✓ Fever below 100.5F
- ✓ Cough, dry or with clear mucus
- ✓ Fatigue
- ✓ Headache
- ✓ Aching
- ✓ Hoarseness

SELF TREATMENT

- Rest
- Drink plenty of water and juices to combat dehydration.
- Warm drinks such as tea with lemon or honey help drain sinuses and soothe an irritated throat.
- Keep your room humidity high by using a vaporizer.
- Take steamy showers; inhaling warm moist air will soothe inflamed nasal and chest mucus membranes
- See **TREAT THE SYMPTOMS** table.
- Cover your cough with tissue or arm
- Use disposable tissue
- Stop smoking

HEALTH CENTER VISIT RECOMMENDED IF

- Fever over 100.5 F lasts more than 48 hours
- Sore throat persists and pain with swallowing
- Nasal or sinus drainage or cough phlegm is yellow or green

Treat The Symptoms

SYMPTOM	TREATMENT
Sneezing, runny nose	Antihistamine- Claritin, Benadryl, Chlortrimeton, Zyrtec, Actifed, Dimetapp or generic equivalents
Stuffy nose	Decongestant- Sudafed(pseudoephedrine), phenylephrine
Fever below 100.5F	Tylenol(acetaminophen), Motrin(ibuprofen)
Cough	Robitussin DM, Mucinex, Delsym or generic equivalents
Sore throat or hoarseness	Throat lozenges, warm salt water gargles, antiseptic mouthwash, lemon drops
Headaches(mild), body aches/pains	Tylenol(acetaminophen), Motrin(ibuprofen), Aleve(naproxen)

Influenza-Flu

Influenza is viral illness caused by infection of the respiratory system.

Antibiotic therapy is not effective for a viral illness.

SYMPTOMS

- ✓ Fever, usually about 100 F, although it can be as high as 104 F
- ✓ Chills, weakness and fatigue
- ✓ Body aches and pains
- ✓ Cough, dry or clear mucus
- ✓ Headache
- ✓ Runny nose with clear drainage
- ✓ Sore Throat
- ✓ Symptoms appear quickly, but usually begin to subside after 1-2 days.
- ✓ Complete recovery may take 7-10 days

SELF-TREATMENT

- **Get plenty of rest**
- **See TREAT THE SYMPTOMS** table
- Drink plenty of water and juices to combat dehydration.
- Warm drinks such as tea with honey and lemons help drain sinuses and soothe an irritated throat.
- Cover cough with tissue or arm
- Gargle with warm salt water.
- Use disposable tissues.
- Keep room humidity high by using a vaporizer. (Clean it every 2 days.)
- Take steamy showers; inhaling warm , moist air will soothe inflamed nasal and chest mucus membranes.
- Stop smoking

HEALTH CENTER VISIT RECOMMENDED IF

- Fever (over 100.5 F) persists more than 48 hours
- Cough phlegm or nasal drainage becomes yellow or green
- Vomiting for more than 12 hours
- Throat causes pain not relieved with above measures

Sore Throat-Pharyngitis

Bacterial sore throat is an inflammation of the mucus membranes of the throat caused by pathogenic bacteria .Usually requires antibiotics therapy.

Viral sore throat is an inflammation of the mucus membranes of the throat caused by a virus. Antibiotic therapy is not effective.

SYMPTOMS

These are typical symptoms of both bacterial and viral illness. However, they may vary from illness to illness, and individual to individual:

- ✓ Sore throat
- ✓ Fever
- ✓ Fatigue
- ✓ Slight cough
- ✓ Difficulty swallowing
- ✓ Nasal congestion
- ✓ White patches on tonsils
- ✓ Painful neck glands

SELF-TREATMENT

- See **TREAT THE SYMPTOMS** table
- Warm salt water gargles or equal parts of water, hydrogen peroxide and antiseptic mouthwash.
- Drink plenty of fluids to prevent dehydration.
- Get plenty of rest.
- Steamy shower to help relieve congestion; warm mist inhalation.
- Limit talking or singing if hoarseness is present. Even whispering or mouthing words inflames the vocal chords.

HEALTH CENTER VISIT RECOMMENDED IF

- Symptoms are not relieved by over-the-counter medication in 2-3 days.
- Fever above 100.5 F persists for 24 hours.
- Extreme difficulty in swallowing.
- White patches on the back of the throat .
- Painful, swollen neck glands.

Diarrhea

Diarrhea is frequent, loose or watery stools that do not contain blood, pus or are not greasy in character. Usually the cause of diarrhea is viral in nature. Diarrhea can also be caused by stress, poor diet, a change in drinking water or antibiotic therapy.

SYMPTOMS

- ✓ Frequent loose or watery stools
- ✓ Mild crampy abdominal pain before bowel movement
- ✓ Overactive bowel sounds
- ✓ May have low grade fever (99-100F)

SELF-TREATMENT

- Clear liquid diet, plenty of fluids to prevent dehydration: first 12 hours: frequent sips of clear liquids (broth, Jell-o, 7-up).
- Next 12 hours: (if diarrhea has stopped), add bananas, applesauce, soda crackers
- Thereafter, add food as tolerated; avoid caffeine in the form of colas, coffee, tea, chocolate, etc. Avoid fried or greasy foods.
- Do not eat dairy products or citrus juices in order to rest active bowels.
- Immodium A-D, Pepto-Bismol, Kaopectate as directed.

HEALTH CENTER VISIT RECOMMENDED IF:

- No improvement within 48 hours after self treatment
- Temperature above 100.5F
- Blood or pus in stool
- Abdominal pain persists in same area of abdomen
- Diarrhea persists or recurs frequently

Headaches

Muscular tension from stress accounts for 80 percent of all headaches. You may feel pressure in the forehead, temples, or around the back of the head. Lack of sleep or stress can trigger tension headaches.

SYMPTOMS

- ✓ Pain or pressure in the head or forehead
- ✓ Pain in the upper area of the neck

SELF- TREATMENT

- Tylenol (acetaminophen), Advil/Motrin (ibuprofen), Excedrin as directed.
- A warm compress to back of neck.
- Take a break, relax, get some fresh air
- Gentle massage of neck and shoulder muscles
- Stop smoking
- Decrease use of caffeine, chocolate

HEALTH CENTER VISIT RECOMMENDED IF

- Any headache that arrives with lightening speed and severity
- Headaches accompanied by:
 - Vision problems
 - Mental confusion
 - Stiff neck and/or fever
 - Pain in either eye or ear, or one side of head
 - Vomiting/Nausea

Insomnia (Sleeplessness)

Insomnia is difficulty falling asleep, staying asleep or awakening too early.

SYMPTOMS

- ✓ Excessive fatigue, especially in the afternoon
- ✓ Difficulty concentrating in class
- ✓ Agitation over the inability to sleep, stay asleep, or go back to sleep

SELF-TREATMENT

- Relax, take a break when stressors mount
- Limit amount of caffeine consumed in the evening
- Avoid daytime naps
- Engage in regular exercise, but no closer than 3 hours prior to bedtime
- Observe regular bedtime and wake hours
- Avoid having room too hot or too stuffy.
- Take a warm, leisurely bath or shower before bed
- Listen to soothing music
- Read something tranquil
- Try gentle stretching exercise or deep breathing.
- Have a warm drink (decaffeinated!) or light bedtime snack, often warm milk does help! (Dairy products contain the amino acid, tryptophan, which aids sleep).

HEALTH CENTER VISIT RECOMMENDED IF

- Above self-treatment measures do not help
- Fall asleep in class regularly
- Feelings of depression or anxiety are present
- Counseling services may also help

Stress

Stress is your physical, emotional and mental response to change, regardless of whether the change is good or bad.

SYMPTOMS

- ✓ Problems eating or sleeping
- ✓ Increased use of alcohol
- ✓ Increased boredom and fatigue
- ✓ Problems making a decisions
- ✓ Anxiety and confusion over unimportant events
- ✓ Inability to concentrate
- ✓ Nightmares
- ✓ Frequent headaches, backaches, or muscle aches
- ✓ Frequent indigestion, diarrhea or urination
- ✓ Persistent hostile or angry feelings

SELF TREATMENT

- Identify area of stress.
- Relax where you are when stress mounts.(Close your eyes and visualize yourself in a calm, peaceful setting.)
- Take a break—get some fresh air.
- Prioritize your activities; list all of the things you need to do right away—the rest can wait until tomorrow .
- Decrease alcohol and caffeine.
- Eat a healthy and balanced diet.
- Exercise.

HEALTH CENTER VISIT RECOMMENDED IF

- Symptoms are severe and affect ability to perform usual functions
- Loss of sleep affects ability to concentrate

Counseling Services offers help for these problems.

Sexually Transmitted Diseases

A sexually transmitted disease or infection is any disease that can be transmitted by sexual contact (including vaginal and anal intercourse or oral-genital contact) with an infected partner who may or may not have symptoms.

SYMPTOMS

- ✓ Increased watery or discolored discharge from penis or vagina.
- ✓ Pink or reddish warts on or in the genitals
- ✓ Painful urination
- ✓ Painless, reddish bump on genitals, mouth, or anus
- ✓ Vaginal itching or soreness
- ✓ Some men and women have no noticeable symptoms
- ✓ Any open sores, painless or painful in the genital area

SELF TREATMENT

NONE

PROTECTION

- ABSTINENCE
- Communication – honesty and negotiation between partners.
- Condom when used properly can help prevent the transmission of STD's.
- Spermicidal foam with nonoxynol-9 provides additional protection when used with a condom.
- Do not use drugs, including alcohol in potentially intimate situations, as they impair decision making.

MEDICAL CENTER VISIT RECOMMENDED IF

- If you suspect you have contracted a sexually transmitted disease, or been exposed to an STD.
- You experienced any of the above-listed symptoms.

COMMON SEXUALLY TRANSMITTED DISEASES (STDs):

1. Chlamydia
2. Gonorrhea
3. Trichomonas
4. Genital warts (Human Papilloma Virus- HPV)
5. Syphilis
6. Genital herpes (remember oral herpes can be transmitted to the genital area by oral- genital contact)
7. HIV infection and AIDS
8. Hepatitis B
9. Crabs (Pubic lice)

More information on STDs is available in Student Health Service

Yeast Infection

A yeast infection of the vagina is an inflammation or infection caused by a common skin fungus, Candida.

SYMPTOMS

- ✓ Vaginal itching and burning
- ✓ Cheesy white vaginal discharge
- ✓ Redness of external genitalia

SELF-TREATMENT

Although over-the-counter medication is available, it is the recommendation of Student Health Services to seek medical care. There are many causes of vaginitis, one of them being yeast; however, sexually transmitted diseases may have similar symptoms.

PREVENTIVE MEASURES

- Avoid tight jeans, wet bathing suits and nylon panties.
- Cut down on sweets, milk products, and artificial sweeteners; however, yogurt is recommended
- Avoid intercourse until symptoms are resolved.
- Recommend not leaving tampons in longer than 3 hours.
- Dry genital area thoroughly after showering, bathing or swimming.
- Good personal hygiene following intercourse.
- After bowel movement or urination, clean front to back, vagina to anus
- Avoid douching

HEALTH CENTER VISIT RECOMMENDED IF

- Symptoms occur and you have never been diagnosed with a yeast infection.
- Symptoms persist following antifungal therapy.

Urinary Tract Infection (Cystitis)

Urinary tract infection is an inflammation or infection of the urinary bladder, usually caused by bacteria. It is mainly a problem experienced by women. Men may also get a bladder infection, but also prostatitis or urethritis. All of these most often require antibiotic therapy following a complete evaluation for STDs.

SYMPTOMS

- ✓ Constant desire to urinate
- ✓ Lower abdominal pressure
- ✓ A feeling of straining toward the end of urinating
- ✓ A feeling of incomplete emptying of the bladder
- ✓ Pain or burning with urination
- ✓ Mid to lower back pain

SELF-TREATMENT

NONE - Antibiotic required, but this is NOT an emergency.

PREVENTIVE MEASURES

- Drinking plenty of clear liquids will keep urine diluted.
- Cranberry juice is especially helpful
- Good personal hygiene following urination and bowel movements. Cleaning self front to back from vagina to anus.
- Urinate frequently to wash out bacteria that may be present.
- Urinate after intercourse to wash out bacteria that may have been introduced into the urethra.
- Avoid wearing tight jeans, wet bathing suits, and nylon panties.

HEALTH CENTER VISIT RECOMMENDED IF

- Above symptoms occur.
- Following antibiotic treatment, symptoms are not resolved.
- Health Services can check for bacteria in the urine if you are unsure.

Blisters And Burns

A blister or burn is an injury to the skin caused by friction, heat, or chemical substance.

SELF- TREATMENT

First degree burn (redness and pain of the skin surface):

- Immerse affected area in cold water for several minutes- at least 15- 30 min. May apply cold, wet cloths instead of immersion.
- Wash area gently with mild soap and water.
- May apply over-the-counter tropical ointments that are indicated for burns.
- No dressing needed.

Second degree burn (redness and blisters of the skin surface):

- If burn is on the face, hands, feet or genitalia see a physician.
- **All second degree burns are potentially scarring;** therefore, it is recommended to seek medical care as soon as possible (within 24 hours).
- Immerse affected area in cold water for at least 15-30 min. May apply cold, wet cloths instead of immersion.
- Wash area with soap and water, avoid breaking blisters,
- Cover burned area with antibiotic ointment (Neosporin or Bacitracin) and cover with a sterile pad or band-aid.
- Check date of last tetanus booster. If you are unsure of the date, or it has been longer than 5 years since your last booster, check with Student Health Services.

Third degree burn (surface of skin has been destroyed):

THIS IS A MEDICAL EMERGENCY!

Go to Student Health Services or urgent care or emergency department immediately.

HEALTH CENTER VISIT RECOMMENDED IF

- Face, genitalia, hands, feet, or joints are burned.
- Signs and symptoms of infections developed (fever over 101F after 24 hours, drainage becomes pus filled, increased redness, swelling, warmth to burned area after 24-48 hours.
- If tetanus booster is more than 5 years old, check with Health Services.

Cuts, Scrapes & Puncture Wounds

A scrape is an injury caused by scrapping away a portion of skin.

A cut or laceration is a jagged or clean break in the skin.

A puncture wound is a break in the skin caused by a penetrating object.

SELF-TREATMENT

- Gently wash with soap and warm water.
- Rinse with Hydrogen Peroxide.
- Hold a sterile pad firmly over wound until bleeding stops.
- Apply antibiotic ointment (Neosporin) and clean, dry dressing.
- Change dressing and reapply antibiotic ointment daily. Change dressing more often if it becomes wet or soiled.
- Check tetanus immunization history. If you are unsure of date or if it has been longer than 5 years since your last booster, please have the wound checked at Student Health Services to assess the need for a tetanus booster.

HEALTH CENTER VISIT RECOMMENDED IF

(These injuries usually require a visit to Urgent Care or Emergency Room)

- Bleeding cannot be controlled.
- Wound is deep and gaping.
- Foreign object is embedded in wound or wound cannot be cleansed properly.
- If signs and symptoms of infection develop:
 1. Fever over 101 F after 24 hours
 2. Swelling, redness and warmth around injury
 3. Pus-filled drainage

If you are unsure, call or visit Student Health Services or call Ask A Nurse.

Sprains And Strains

A sprain is an injury to the ligaments which hold the bones together at a joint such as the ankle or knee. A sprain is caused by the twisting or wrenching of a joint.

A strain is an injury to a muscle or tendon. It is caused by overusing or overstretching a muscle or tendon.

SYMPTOMS

- ✓ Pain and swelling of the affected joint or muscle
- ✓ History of injury to joint or muscle

SELF-TREATMENT

• **R I C E**

- **Rest**—Rest the injured extremity or injured part
- **Ice**—Ice packs or cold compresses should be applied. Prevent freezing of the skin by placing cloth or towel between ice pack and skin. Apply ice no longer than 20 minutes every 1-2 hours for 24-48 hours.
- **Compression**—an elastic bandage can be wrapped around the affected area.
- **Elevation**—Elevate affected area to a level at the level of the heart.
- Ibuprofen (Motrin, Advil) or Naproxen (Aleve, Naprosyn) to relieve pain and reduce inflammation.

HEALTH CENTER VISIT RECOMMENDED IF

- Severe pain or swelling persists longer than 24 hours
- You cannot use or stand on affected arm or leg.
- Further evaluation is necessary for safe athletic participation.