



SUNY Oneonta Student Health Services
 108 Ravine Parkway
 Oneonta, New York 13820
 (607) 436-3573
 (607) 436-2074 fax
 Website: www.oneonta.edu/development/health

Taking Care of Yourself Away from Home

The SUNY Oneonta Health Center is open Monday-Friday 8:30-5pm. Most services are free since they are covered by the health fee. However, students may need medical attention when the Student Health Center is closed. The following are general guidelines and resources for accessing local medical care. The Health Center is the least expensive option so if a medical problem can wait for the Student Health Center to open, this might be the best option. *Ambulance rides are expensive and are best used only in emergency situations.*

General guidelines on when to call an ambulance for a medical problem:

<p>Breathing problems causing any of the following</p> <ul style="list-style-type: none"> • Feeling of suffocation • Blue lips • Severe wheezing not relieved by prescribed Inhaler/ bronchodilator • Inability to speak • Breathing difficulties with a history of blood clot of the lung or collapsed Lung 	<p>Chest pain described as severe or as tightness/ pressure and accompanied by any of the following</p> <ul style="list-style-type: none"> • Shortness of breath • Nausea/vomiting • Pain in the neck, shoulders, jaw, back or arms • Heart palpitations • Dizziness or weakness
<p>Abdominal pain</p> <ul style="list-style-type: none"> • Described as severe, persistent or rapidly increasing • Vomiting blood or dark material that looks like coffee grounds 	<p>Bleeding that won't stop such as from</p> <ul style="list-style-type: none"> • A knife wound • A wound or cut that cannot be controlled with direct pressure • vomiting blood or large amount of blood in stool
<p>Prolonged fainting along with</p> <ul style="list-style-type: none"> • Palpitations • Head injury or history of recent head injury • Severe pain • Loss of movement in arms or legs, confusion, difficulty speaking 	<p>Allergic reaction</p> <ul style="list-style-type: none"> • Ingestion or exposure to a substance you have had a severe reaction to in the past (use epi-pen if indicated) • Difficulty swallowing, feeling of swelling in tongue or throat • Breathing difficulty
<p>Suicidal or homicidal feelings</p> <ul style="list-style-type: none"> • Suicidal thoughts with a plan and means to carry out the plan • Intent to harm self or others 	<p>Burns</p> <ul style="list-style-type: none"> • Extensive burn which is white and painless • Severe pain and extensive burn area is red and blistered
<p>Severe headache</p> <ul style="list-style-type: none"> • Sudden severe pain, may be described as worst headache ever • High fever and stiff neck • Confusion and/or difficult to arouse • Sudden onset weakness, numbness on one side of the body • Inability to speak 	<p>Trauma (injury)</p> <ul style="list-style-type: none"> • Bone is protruding through the skin • Extremity is cold, blue and painful • Penetrating stab/gunshot wound • Severe neck injury • Head injury with difficulty moving arms or legs or slurred speech
<p><i>This list is not comprehensive and good judgment should be used when deciding a situation is a medical emergency.</i></p>	

On campus dial x3550 or (607) 436-3550 for UPD or an ambulance

Off-campus students should call 911

If a student calls UPD for medical concerns, EMT's and possibly an ambulance will be sent. The student may be transported by ambulance to the local emergency room.

When the Health Center is closed, the following urgent care/ walk-in clinics are available. Don't forget to bring your insurance card and money for a co-pay!

<p>FoxNow Walk-in Care Center Open 7 days a week 8am-5pm Foxcare Center Rte 7 Oneonta (607) 431-5052</p>	<p>Bassett Convenient Care Monday-Fri 8am-5pm Saturday and Sunday 9am-4pm 1 Associates Drive Oneonta (607) 433-6300</p>	<p>UHS Primary Care - Oneonta Monday-Friday 7:30 a.m. to 4:40 p.m. (closed on weekends) 179 River St. Oneonta 607-432-8477</p>
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If the Health Center & Urgent Care Centers are closed and students do not feel they can wait for the clinics to open, students can call for a taxi to take them to the emergency room at Fox Hospital, Main Street in Oneonta.

When to seek medical attention at the Health Center or local Urgent Care Clinic:

<ul style="list-style-type: none"> • Persistent fever • Vomiting and unable to keep clear liquids down • Persistent diarrhea • Cold Symptoms for more than 10 days that do not respond to self-care • Severe headache • Unable to bear weight or use the affected limb after an injury • Burning with urination or a discharge • STD exposure • Unprotected sex, (emergency contraception is available at the student health center for a nominal fee and is also available at local pharmacies) 	<ul style="list-style-type: none"> • Menstrual changes • Persistent abdominal pain • Unexplained or concerning weight loss • Wheezing and/ or severe cough • Redness, pain, swelling and/or drainage from a cut or scrape • A sore throat that keeps you from eating or drinking especially if accompanied by a fever • Unexplained or persistent rash or skin changes • Pain, redness or drainage in the eye • Ear pain • Persistent insomnia or feelings of anxiety and/or depression
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Part of taking responsibility for your health care is having knowledge of your health history.

The following are important examples of what you should know:

<ul style="list-style-type: none"> • Drug allergies, when did they first occur and how they manifest (i.e. rash, difficulty breathing) • Nut or other food allergies • Medical conditions that you are under care for, even if they have not caused symptoms in a long time • Past surgeries, even during early childhood such as ear tubes and tonsillectomy 	<ul style="list-style-type: none"> • Medication- name of medication, dose, prescribing health care provider and how long you have taken the medication (Birth control pills are prescription medication) • Name and amount of any over-the-counter medication you have been taking • If you have a significant medical history, consider having records sent to the Student Health Center
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Important information students should know about their health insurance

We recommend that every student carry a copy of their health insurance information with them. If the insurance card doesn't already include this information, please also have the following information available:

Insurance company name and phone number

Name of the policy holder and their relationship with the student

List of general co-pays or other charges associated with their insurance

Additionally, it is recommended that students come to campus with knowledge of how their insurance works so they can be informed consumers. Not understanding what "out-of-network provider" means can be quite costly.

Be a good friend. Call an ambulance for a friend who has had too much to drink if they are:

- Passed out or semi-conscious and cannot be woken
- Vomiting while sleeping or passed out and will not wake up
- Their rate of breathing seems slow or irregular
- Cold, clammy, pale or has a bluish color skin

Medical Amnesty: To encourage students to get help for another student who needs medical attention for alcohol poisoning, neither the student nor the person who calls for help will have judicial penalties for drinking (if this is the student's first transport). See the whole policy at: <http://www.oneonta.edu/development/counseling/aod/amnesty.asp>

