

SUMMER HEALTH AT PRINCETON

For Princeton Students

Summer 2024

For General/Primary Health Care or Urgent Care (on-campus)

University Health Services
McCosh Health Center
Washington Road (next to Frist Campus Center)
Princeton, NJ 08544
609-258-3141
Website: <https://uhs.princeton.edu/>

In Case of Emergency Call 9-1-1

The nearest Emergency Department:

Penn Medicine
Princeton Medical Center (PMC)
1 Plainsboro Road (on Route 1 North)
Plainsboro, NJ 08536
609-853-7700

Urgent Care (off-campus)

These urgent care clinics* are available for an urgent health need that is not an emergency:

*Call ahead to confirm hours

Brunswick Urgent Care
3185 State Route 27
Franklin Park, NJ 08823
732-422-4889

CVS Minute Clinic
4 Shalks Crossing Road
Plainsboro, NJ 08536
609-275-9312

InFocus Urgent Care
64 Princeton-Hightstown Road
West Windsor, NJ 08550
609-905-4005

Local Pharmacies

CVS Pharmacy
172 Nassau Street
Princeton, NJ 08542
609-683-1337

Santé Integrative Pharmacy
234 Nassau Street
Princeton, NJ 08542
609-921-8820

STAY HYDRATED

You can quickly become dehydrated in summer heat, especially if you are active with sports and games. Be aware of the signs of mild to moderate dehydration, including: dry mouth, increased thirst, dizziness, headache, fatigue and dry skin. Stay well hydrated by drinking plenty of water. Sports drinks containing electrolytes (like Gatorade) can be helpful when working out longer than an hour at a time. Choose electrolyte drinks that are low in sugar and do not contain caffeine – these ingredients can further dehydrate you.

AVOID SUNBURN AND PROTECT EYES

The sun is the strongest between 10 a.m. and 4 p.m. If you will be in the sun, apply a broad-spectrum sunscreen with at least 30 SPF to bare skin about 15 minutes before sun exposure. Pack a lightweight long-sleeved shirt for particularly sunny days, as well as a hat. When applying sunscreen, use approximately one ounce (this is comparable to two tablespoons, or about the length and width of your thumb) and apply to uncovered skin. Remember to protect these easily missed spots: ears, tops of feet, back of hands, back of knees, hair part and lips.

If you develop sunburn, take a cool bath or shower and put a cool wet cloth over the affected area. Apply aloe or an antibiotic ointment, but avoid regular moisturizing skin lotions, as they can trap heat in the skin.

Sunlight, whether direct or reflected off water, sand or concrete, can burn the corneas, causing pain and puffiness. Over time, exposure to ultraviolet (UV) light from the sun can accelerate aging of the lenses, resulting in early cataracts and other vision problems. Protect your eyes by wearing hats and sunglasses that protect against UVA and UVB.

STAY COOL

Most of our dormitories are not air conditioned and are not set up to accept portable air conditioners. You are encouraged to use a fan. All windows are openable and have screens.

AVOID ILLNESS

Living in close proximity or spending extended periods of time with others can increase the risk of spreading an illness. Protect yourself from common illnesses, like the cold or flu, with these practices:

Avoid sharing anything that comes in contact with the mouth (e.g., water bottle, drinking cups, eating utensils, lip balm).

Wash hands with mild soap and warm water frequently, or use an alcohol-based hand sanitizer often, especially before meals.

Eat well. A balanced meal, full of vitamins and minerals from fresh fruits and vegetables and whole grains, supports the immune system.

Get enough sleep. Sleep deprivation can cause lower immune functioning. Aim to get 7-8 hours each night to stay healthy.

If you do get sick, in addition to the practices above, you can prevent the spread of your illness to others by covering your nose or mouth with a tissue when coughing or sneezing.

**If you are feeling sick in any way,
please notify your program staff immediately.**

Prepared by:



University
Health Services



Check for Ticks Daily



Health Items*

Helpful items to have on hand:

- Supply of personal prescription medications and a list of drug allergies
- An EpiPen in case of severe allergies
- Hand sanitizer – large bottle for room and small bottle to carry in a pocket
- Oral digital thermometer
- Tissues
- Cold and flu kit, containing items such as pain relievers and fever control medicine (ibuprofen, acetaminophen), decongestant, antihistamines, cough drops, etc., for use with proper instructions
- First-aid kit with ice pack, adhesive bandages and antibiotic cream
- Tweezers
- Insect repellent
- Anti-itch cream/gel or hydrocortisone 1%
- Seasonal allergy medication
- Sunscreen
- Soup packages, saltine crackers
- Antacid, antidiarrheal, anti-nausea medications
- Ace bandages
- Eye wash or saline eye drops

*All these items are available at the CVS on Nassau Street.

MOSQUITO-BORNE ILLNESSES

While mosquitoes around the world may transmit illnesses such as Zika, dengue fever and malaria, in New Jersey there have been no cases of local transmission of these illnesses since June 2017. However, mosquitoes here may carry West Nile Virus and other viruses, which can cause mild to serious illness. For prevention of mosquito bites, wear long-sleeved shirts and long pants. Stay in places with air conditioning and window and door screens to keep mosquitoes outside. Use an insect repellent of your choice. For more information on preventing bug bites, visit <http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>.

If traveling, take precaution to prevent mosquito bites. More information for travelers can be found on the CDC website.

TICKS AND LYME DISEASE

Lyme Disease is a serious illness spread by deer ticks. New Jersey is one of the states that have the most Lyme Disease reported. Initial signs and symptoms generally occur three days to a month after exposure and may include a circular rash around the bite, fever, chills, headache, fatigue and joint and muscle pain. If not treated with antibiotics, patients can develop stiff and swollen joints, rashes, muscle weakness, abnormal heartbeat, and nervous system problems.

Avoid direct contact with ticks by avoiding wooded and brushy areas with high grass and leaf litter. Walk in the center of trails or on sidewalks.

Check for ticks each day. To remove a tick, use tweezers to grasp the head and mouth, as close to the skin as possible, and slowly pull straight out without twisting. Wash the skin with soap and water, and contact a physician if symptoms develop.

For more information about mosquito- and tick-borne illnesses in New Jersey, visit <http://www.state.nj.us/health/cd/topics/vectorborne.shtml>.

REPORT BATS AND ANIMAL BITES

Rabies is a rare viral infection transmitted by exposure to saliva of an infected animal. Without treatment, it is almost always fatal. If medical treatment occurs shortly after the exposure, rabies can be prevented; however, once symptoms develop there is no known effective treatment. For more information, visit <http://www.cdc.gov/rabies/>.

If you have any animal encounter on campus, please notify the University immediately by calling the Department of Public Safety (DPS) at 609-258-1000.

Animal encounters are defined as either direct contact or sleeping in a room with a bat present. If you wake up and find a bat in the room where you were sleeping, you have had an animal encounter. **Do not touch or try to capture bats or animals on campus.**

The University has a protocol for handling potential exposure and evaluating whether treatment is necessary. For more information, visit <https://emergency.princeton.edu/what-to-do/medical-and-mental-health/animal-bites-scratches>.

Serious Allergies

If you have serious allergies to any type of food or insect stings or bites, please let the director of your program know. Please also let the director know if you carry an EpiPen.

MENTAL HEALTH CARE RESOURCES

Mental health emergencies should be referred to the Emergency Department at Penn Medicine Princeton Medical Center (PMC). See contact information on the reverse page.

Princeton University's Counseling and Psychological Services (CPS) offers short term counseling for students. Any student may schedule a 20-minute Initial Consultation with one of our CPS counselors by calling 609-258-3141 or through their MyUHS online portal (<https://princeton.edu/myuhs>). There are also clinicians in the immediate area if you would like to meet with a local therapist in Princeton. CPS can help you get connected to a local provider or you can find a searchable list of community providers through Thriving Campus' website (<https://princeton.thrivingcampus.com>). Many insurance companies will provide lists of in-network providers in the area and these lists are available online. Additionally, the CPS Cares Line is available 24/7 and provides access to a counselor by phone. Call 609-258-3141 and press 2.

Uwill offers students free immediate access to teletherapy through its online platform, as well as a direct crisis connection and wellness programming. Create a profile and book your first session in just minutes by going to the Uwill website (<https://app.uwill.com/>) and registering with your PU email.