

# Health Services Center

## Peer Education Center

Peer educators are students who present programs throughout campus on various health topics. The programs are for students and run by students, under the direction of a professional health educator.

## Frequently Asked Questions

### If I am injured, how do I get help from the Health Services Center?

If you are seriously injured or ill and unable to go to the Health Services Center while on the Garden City campus, **dial 5** from any campus phone or **516.877.3511** and a public safety officer will bring one of the medical staff to you.

### If I don't have the University insurance plan, can I still be seen at the Health Services Center?

Yes. All registered Adelphi students can be seen at the Health Services Center at the Garden City campus for free.

## Students with Severe Food or Insect Allergies

If you suffer a life-threatening reaction (anaphylaxis) to any foods or insects (such as bees), please be sure to bring your epinephrine pen to campus with you. If you use your pen the Health Services Center nurse practitioners can order replacements for you through your insurance.

## Resident Students

Helpful items for resident students to have on hand include:

- Acetaminophen (e.g., Tylenol®)
- Bandages (e.g., Band-Aid®)
- Feminine hygiene products
- Humidifier
- Ibuprofen (e.g., Advil®)
- Sunscreen
- Thermometer
- Throat lozenges
- Tissues

## Health Services Center

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Visit [health.adelphi.edu](http://health.adelphi.edu) for more information about Adelphi University and the Health Services Center.

# Health Services Center



## Your health is important to us. We're here if you need us.

Adelphi University's Health Services Center is conveniently located midcampus in Waldo Hall. The center is under the direction of a nurse practitioner. Registered nurses or emergency medical technicians are available 24 hours a day, seven days a week, when classes are in session during the fall and spring semesters. During the summer and semester breaks, the center is open from 8:00 a.m. to 4:00 p.m., Monday through Friday. Our services are available to all registered students.

## Building a Healthier Campus Community

The Health Services Center provides multiple avenues of health education and awareness to the University community. The center has the interest and desire to listen to what you are saying. Feel free to ask the staff about any health concerns you have; all information will be handled confidentially. The center's staff is a team whose primary job is to serve the campus community's health needs.

## Services

The Health Services Center offers many services, such as:

- Nurse practitioners trained in primary and urgent care
- Routine gynecological care
- Clearances for student-athletes
- Registered dietitian for consultation by appointment
- Emergency response to accidents or injuries on the Adelphi campus
- Referrals to other healthcare professionals or community organizations for nonemergency concerns, as appropriate
- Peer educators who provide programs of interest and need to the campus population



## Work Life Wellness Certificate Program

The Health Services Center provides an individualized wellness program that students may register to participate in each semester. For more information, visit [health.adelphi.edu/wellness-certificate](http://health.adelphi.edu/wellness-certificate).

## Health Portal

Students can view their electronic health records by adding the Health Portal to their eCampus account. The portal provides access to information regarding your immunizations, self-scheduling visits at the Health Services Center, secure messaging and required health forms. You can also view this through the mobile AU2GO app.

## Insurance

Any Adelphi student, undergraduate or graduate, who is currently registered may purchase the Adelphi University Accident and Health Insurance policy. All resident and international students are automatically enrolled in Adelphi's student medical insurance plan. A student who is already covered by alternative,

comparable medical insurance must waive the mandatory school insurance by October 1 (for the fall semester) or March 1 (for the spring semester). For information on completing this waiver, visit [health.adelphi.edu/insurance-information-requirements](http://health.adelphi.edu/insurance-information-requirements). Likewise, those students who do not have medical insurance coverage and wish to enroll in Adelphi's plan must do so by the same dates.

Additional information regarding the insurance can be found at [health.adelphi.edu/insurance-information-requirements](http://health.adelphi.edu/insurance-information-requirements).

## Immunization Requirements

New York State immunization law requires all students registered for 6 or more credits, and born after 1957, to prove immunity to measles, mumps and rubella.

**All immunization requirements must be met before the first day of classes. Students will not be permitted to attend classes without submitting proof of immunizations to the Health Services Center.**

For the purpose of college immunization law, proof of immunity to measles, mumps and rubella shall mean the following:

### Measles

- Two doses of the measles vaccine given no more than four days prior to the first birthday and after 1967, or
- Laboratory results showing immunity.

### Mumps

- One dose of live mumps vaccine given no more than four days prior to the first birthday and after 1968, or
- Laboratory results showing immunity.

### Rubella (German measles)

- One dose of live virus rubella given no more than four days prior to the first birthday and after 1968, or
- Laboratory results showing immunity.

New York State immunization law now requires colleges and universities to distribute information about **meningococcal meningitis** and vaccination to all students enrolled for 6 or more credits. Students (or parents of minors) must then provide Adelphi with either a record of **meningococcal meningitis** immunization within the past five years or a written and signed refusal to obtain such an immunization. The Health Services Center strongly recommends the vaccination for all students. For more information, please visit [health.adelphi.edu/meningitis](http://health.adelphi.edu/meningitis).

