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Student Health Services

The Student Health Center offers health care to all full-time residential and commuter undergraduate students (12 credit hours or more) and full-time residential graduate students (6 credit hours or more).

To schedule an appointment call 302-857-6393 or come to the student health center. Students are only eligible to receive services during the semester they are currently enrolled in and will be asked to show a validated Delaware State University Identification Card before any services are rendered. Student Athletes should call the Sports Medicine department at 302-857-7861 to schedule an appointment or go to the Sports Medicine Department [1].

Student Health Care Plan for Spring 2014

OPEN ENROLLMENT UNTIL FEBRUARY 14, 2014

The Affordable Care Act, federally mandated health care legislation, requires that all individuals have health insurance coverage; therefore, in order to better serve Delaware State University students the University has decided to adopt a hard waiver plan. The hard waiver model allows students who already have insurance coverage that meets the federal requirements to opt out of the University?s plan. This model also allows students without health insurance, or insurance coverage that meets the federal requirements, access to an affordable health plan.

In order to meet this federally mandated requirement, students can be enrolled into their parents? plan (if they are under 26 years of age) or purchase their own health insurance.

Learn more about your options for Spring 2014. [2]

Insurance Benefit Handbook. [3]

See a list of FAQs about the mandatory student health coverage [4]. [5]

Pre-Entrance Exams

All students must have there Student Health Form submitted to the Student Health Center in order to**complete the registration process, receive clearance to move into campus housing, and receive heath care services.**

All full-time incoming freshmen, transfer, and graduate students are required to provide proof of the following immunizations / screenings: Measles, Mumps, and Rubella; Tetanus-Diphtheria-Pertussis; Meningococcal Meningitis; and a recent Tuberculosis (TB) risk assessment screening and/or the Tuberculin Skin Test or blood test (refer to the Student Health Form [6] for additional information).

IMPORTANT INFORMATION ON INFLUENZA VIRUS

No matter where you live in the world, you will probably be exposed to the influenza virus this year. According to the Centers for Disease Control (CDC) there have been widespread cases of the flu.

Symptoms of Influenza include:

Sore throat, fever, cough, body aches, runny or stuffy nose, headache, chills, fatigue, diarrhea and/or vomiting.

1. **If you develop symptoms** of influenza, we ask that you phone the Student Health Center at (302) 857-6393 to speak with a nurse. You will be asked questions about your symptoms and a decision will be made regarding your care. You may also make an appointment at the clinic to further evaluate your symptoms.
2. You should have some basic supplies in your room, including Tylenol or ibuprofen, tissues, bottled water or Gatorade, a thermometer, and light food such as soup.
3. Further information will be posted on campus to keep you updated with flu related information.

To Protect Yourself, Your Friends, and the Campus Community

- COVER YOUR COUGH. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- WASH YOUR HANDS. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Viruses can live on surfaces that we touch everyday such as door handles, desks, chairs, faucets, and stair well handles.
- Avoid touching your eyes, nose, or mouth. Germs are spread by touching mucous membranes.
- If you are NOT sick, try to avoid close contact with sick people.
- If you are sick with flu-like symptoms, avoid others as much as possible. This is to keep you from making others sick. [7]
- If you are sick and sharing a common space with other students, wear a facemask, if available and tolerable, to help prevent spreading the virus to others.

Health Care Services

- On Campus, you have access to medical professionals 5 days a week at the Student Health Center
- In the local Community, you have access to walk-in care at Urgent Care Centers and emergency care at the hospital

Flu Vaccine

It is still NOT too late to get a flu vaccine. Flu shots are available at the Student Health Center, while supplies last. Call (302) 857-6393 or stop by the student health center if you are interested in getting a flu shot.

Source URL: http://desu.edu/student-affairs/student-health-services

Links:
[1] http://www.dsuhornets.com/ViewArticle.dbml?DB_OEM_ID=12900&KEY=&ATCLID=833950
[2] http://www.desu.edu/student-affairs/student-health-insurance
[3] http://desu.edu/sites/default/files/u487/Delaware_2013-14_v8%20VERY%20FINAL%207-30-13.pdf
[4] http://desu.edu/sites/default/files/u643/Insurance%20FAQs%20rev%201.pdf
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