Keeping well away from home

By Elizabeth Berke
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When you’re at home, and you catch a cold or run a fever, it’s not a big deal. Your parents bring you some ginger ale and chicken soup, and you stay home, glued to the TV, wrapped under blankets. It’s over in a few days. No problem.

Once you go away to college, however, everything changes. You catch the same colds, but your parents aren’t around, and your roommate won’t bring you chicken soup. Maybe it’s not a cold, maybe it’s appendicitis. Maybe it’s measles. Maybe you’re going to die. That’s where Health Services steps in.

They’ll take care of you if you’re sick. And they will cover your basic check-ups, and even do preventative stuff.

In addition to straight physical ailments, Health Services also has a staff of trained psychiatrists and counselors to help you handle the many stresses of college life.

One of your first encounters with Health Services will probably involve a measles, mumps, and rubella vaccine, if you haven’t already had one. New York State requires that all students taking six or more points
at an institution of higher
education show proof of
their vaccinations, and
Health Services is quite di-
gent about complying with
such rules.

A social worker was also
recruited to help interna-
tional students deal with the
varied problems of adjusting
to life in the States.

Health Services, located
on the third and fourth floors
of John Jay Hall, offers a
student medical insurance
plan for everyone who is not
already enrolled in an insur-
ance plan.

The insurance covers
hospitalization, surgery
inside and outside the hospi-
tal, limited outpatient care
for a medical emergency
when Health Services is not
available, and certain types
of care for alcohol and drug
problems.

In addition to the Rape Crisis Center located in Butler Library for members of the Columbia community, survivors of rape or personal assault are encouraged to talk to members of the Health Service staff, or look into the newly expanded Sexual Assault Program.

Information, counselling, and referrals about AIDS and H.I.V. are also available to students through Health Services.

Women interested in birth control, pregnancy testing, and referral services should contact the Women’s Health Care Program on the fourth floor of John Jay Hall.

So, if you feel sick, or want to engage in a little preventative medicine, don’t hesitate to call Health Servi-