
**YOU WILL NEED TO GET
MEDICAL ATTENTION FOR:**

- ◇ Fever over 103 degrees or fever over 100.5 for more than 3 days
- ◇ Vomiting and unable to keep clear liquids down
- ◇ Diarrhea for more than 3 days (after trying a bland diet)
- ◇ Cold Symptoms for more than 10 days that do not respond to self-care
- ◇ Severe headache with fever
- ◇ Unable to bear weight or use the affected limb after an injury
- ◇ Burning with urination or a discharge
- ◇ Persistent abdominal pain
- ◇ Wheezing
- ◇ Redness, pain, swelling and/or drainage from a cut or scrape - especially if a red streak is present
- ◇ Cough associated with chest pain, fever and fatigue
- ◇ Swollen, red tonsils - especially with white spots
- ◇ A sore throat that keeps you from eating or drinking
- ◇ Poison ivy that is on the hands, face very widespread or that seems to be getting worse after self-care measures
- ◇ Pain, redness or drainage in the eye (not allergy related)
- ◇ Ear pain (not popping or plugged-up feeling) or drainage

Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

**Pat Walker Health Center
University Health Services**

525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
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Website: health.uark.edu



Accredited by
**Accreditation Association
for Ambulatory Health Care**

*A Member of
the Division of Student Affairs*



Taking Care of Yourself Away From Home



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The Pat Walker Health Center is here to assist you in your health care needs. New students experience a major life-style change and will be under a lot of stress. Here are a few pointers to help you take care of yourself while you are away from home:

1. **Rest.** The most common complaint among college students is fatigue. Listen to what your body is telling you. You don't need medical attention unless you are sleeping 12 hours a night and still can't get up to go to class.
2. **Try to eat a well balanced diet.** The resident hall cafeterias offer good food selections. Fast food is OK once in a while, but is high in fat and calories.
3. **Find out what the attendance policy is in all of your classes.** If you are sick and can't go to class, call your instructor. Don't wait until the end of the semester to cover absences. Some instructors require a medical excuse even though this is technically against University policy. The Health Center does not give excuses for missed classes.
4. **Avoid or limit the use of alcohol.** You are more likely to engage in unsafe behaviors while under the influence of alcohol or drugs.
5. **NEVER drink and drive or ride with a driver that has been drinking. Always wear a seat belt.** Call Safe Ride if you need a ride to or from campus. 575-SAFE.
6. **If you are sexually active, use condoms every time.**
7. **Get a flu shot (end of October).** Catching the flu could cause you to miss classes or work for up to a week.

SELF-CARE MEASURES FOR MINOR MEDICAL PROBLEMS

Cold Care:

Antibiotics do not help a cold. You will get better within 10 days with or without antibiotics. Rest, drink lots of fluids, and take Tylenol or ibuprofen for fever. For runny nose, cough and sinus congestion, try over-the-counter cold preparations. Taking just one doesn't help – take as directed.



Sore Throat:

The most common cause of sore throat is post-nasal drainage. If you wake up with a sore throat that gets better during the day and returns at night, it is probably due to drainage. Drink extra fluids and take a decongestant such as Sudafed. Taking just one doesn't help – take as directed. If it continues for more than 10 days or if the sinus drainage turns yellow or green you should see a doctor.

Sprains and Strains:

Rest and elevate the injured extremity. Apply ice for 20 minutes every 3-4 hours for the first 72 hours. Take ibuprofen as directed.

Rashes: For itching, apply hydrocortisone cream or Rhuligel and/or take Benadryl. Avoid hot showers or baths. If the rash does not improve in 4 days, or if fever develops, call for an appointment.

Nausea, Vomiting, Diarrhea: Usually caused by a virus and best treated by adjusting your diet. Nothing to eat for 2 hours after vomiting, then start with sips of clear liquids. Drink clear liquids for the first 24 hours, then very bland food for the next two days. Dramamine is an over-the-counter drug for nausea and Imodium AD for diarrhea.

If you have a true emergency such as:

- ◇ Heart attack
- ◇ Poisoning/drug overdose
- ◇ **Severe** pain
- ◇ Difficulty breathing
- ◇ Severe injury with deformity
- ◇ Laceration requiring sutures (after PWHC hours)
- ◇ Rape or assault victim
- ◇ Motor vehicle accident with significant injury
- ◇ Unresponsiveness

CALL 911 OR GO TO THE EMERGENCY ROOM

Most injuries or illnesses can be treated with self-care measures until evaluated at the Pat Walker Health Center or your family medical provider.

