



Student Health Center – Room 1409 (707) 864-7163

We at the Student Health Center are here to help you stay healthy and learn more about your health. The services at the Student Health Center are free to students.

Health Center Staff

Suzanne Goodwin, PHN Regina Huerls-Washington, HA

Health Center Hours

Mon, Wed & Thurs 8:00 a.m-6:00 p.m. Tuesday 8:00 a.m. - 6:30 p.m. Friday. 8:30 a.m. - 3:00 p.m. *Closed when there are no classes.*



The Student Health Center has many services that support your efforts to succeed at college. Stop by to learn more about our services and to meet our friendly staff. Check out our webpage at <u>www.solano.edu</u>. Click on "Campus Life" then "Health Center"

- Pregnancy Testing
- Blood Pressure Check
- Blood Sugar Monitoring

Tuberculin (TB) Skin Testing is offered by appointment, **Mondays & Tuesdays 10:00 a.m. to noon, Monday & Tuesday, 4:00-5:00 p.m.** You must return in 48-72 hours post test to have the Tuberculin skin test read and receive your record of testing.

Health Screening exams are available at the Student Health Center for Children's Program students. Drop-in or make an appointment for your Health Screening.

Screenings/testing: Health , diabetic, vision, hearing and urine screenings.

Medications: Free over-the-counter medications for common conditions are available free to students at the Student Health Center. Medications include: generic choices of decongestants, pain medications, cough suppressants, lubricating eye drops, burn gel, & more.

FREE Condoms: Includes X-large, latex-free also, female condoms

Lactation Station – Privacy for breastfeeding students to breastfeed their babies or pump milk. Stop by and we'll find a comfortable place for you.



Solano Community College District is a SMOKE-FREE college environment. Use of vaporizers is also prohibited.

Don't Let Bugs Bug you this Spring Semester

This is the season of daylight saving time, rain, sunshine, blooming flowers, and bugs! Mosquitoes are everywhere, and so are wasps, bees, and other stinging insects. You can protect yourself from complications from the bite or sting of these insects.

Mosquitoes carry the Zika virus, and a person can sexually transmit the virus to a partner. It is helpful for men and women of childbearing age to use protection such as condoms or abstinence for avoiding the Zika virus through sexual contact. Also, use insect repellent as directed, wear long sleeve clothing and shoes that cover your feet. Avoid being outside early in the morning or in the evening. You may find out more information about the Zika virus from www.cdc.gov/zika/prevention/index.html

Some people are allergic to stinging insects such as wasps or bees, and may have a life-threating reaction. If you are allergic to any type of stinging insect, then it is important to inform the Student Health Center about it. It is also helpful to list an emergency contact person in your records, and carry some type of emergency medication or device such as an Epipen available for your treatment. You can also avoid stinging insects by avoiding perfumes, fragrances and scented hair and body products. Avoid wearing sandals or flip-flops, avoid wearing bright and colorful clothing, and be careful when eating food around bees and other stinging insects. Avoid walking or playing in the grassy area since wasps are frequently hiding in the grassy areas around the campus. If you have any questions about this article or any other health information, please contact the Student Health Center at 707-864-7163.

Planned Parenthood Shasta Pacific

1325 Travis Blvd., Suite C, **Fairfield**, CA 94533 (707) 429-8855 600 Nut Tree Rd. #340, **Vacaville**, CA 95687 (707) 317-2111 990 Broadway, **Vallejo**, CA 94589 (707) 643-4545

Outreach Health Services Nurse Visits to Centers

Vallejo Center Office Hours

Tuesday, March 15th ~ 9:30am-12pm Wednesday, April 13th ~ 3:30pm-6pm Monday, May 9th ~ 3:30pm-6pm

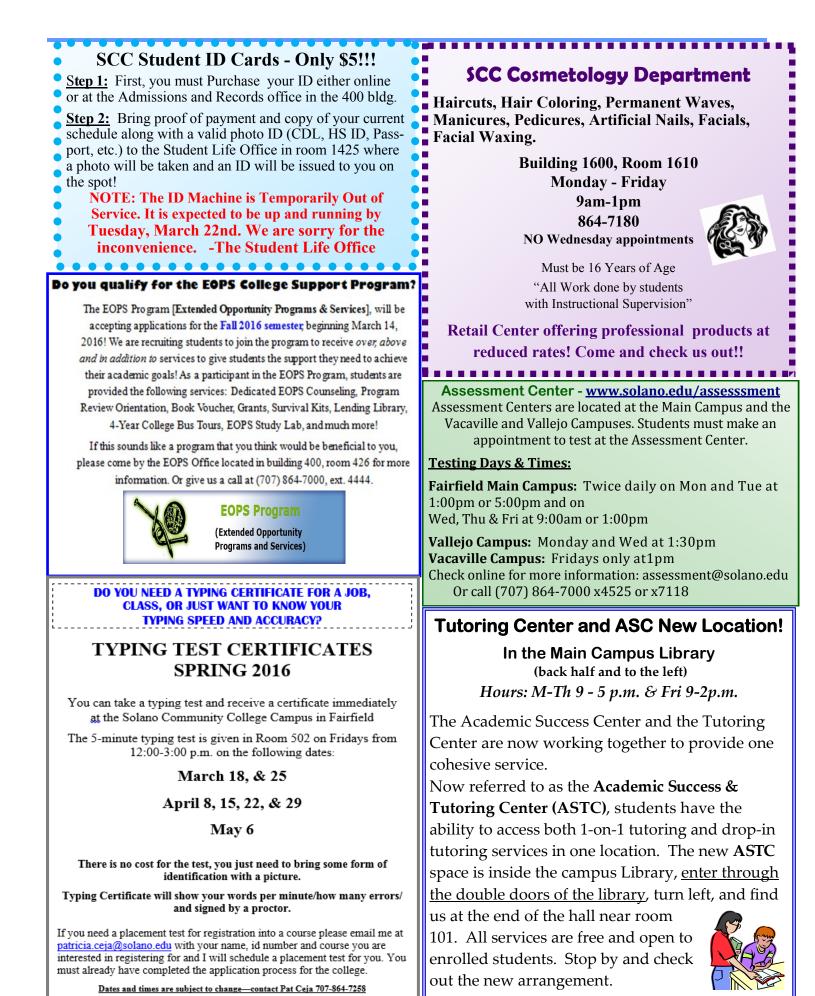
<u>Vacaville Center Office Hours</u> Thursday, March 17th ~ 9:30am-12pm

Mental Health Therapist No Longer Available at the Student Health Ctr. For information on Mental Health services in Solano County contact the Student Health Center, or

Aldea Children and Family Services (707) 427-1845 470 Chadbourne Rd., Ste A, Fairfield, 94534

Solano County Mental Health Access Line 1-800-547-0495

Solano County 24 hours Crisis Line (707) 428-1131



4