

# PRE-ARRIVAL STUDENT HEALTH CHECKLIST

Preparing to take on your own healthcare in college can be overwhelming, but there are a few simple things you can do to make the transition smoother. Use this checklist to make sure you have all of the supplies and knowledge to be prepared.

## RECOMMENDED IMMUNIZATIONS

- COVID-19 **REQUIRED\***
- Hepatitis A
- Hepatitis B
- Human Papilloma Virus (HPV)
- Influenza (Flu)
- Measles, Mumps, Rubella (MMR)
- Meningitis (ACYW)
- Meningitis B
- Pneumococcal
- Polio
- Tetanus, Diphtheria, and Pertussis
- Varicella (Chicken Pox)

## MEDICATIONS

- List of your current allergies & medications
- Keep up supplies for managing chronic conditions (i.e. contact lens solution, sharps disposal container, etc)
- Prescriptions
  - Get prescriptions transferred to a pharmacy near campus
  - Know where to get refills & have enough for first semester
  - Set up delivery if no transportation
  - Set up refill reminders at least 1 week before they're gone
  - Set up reminders to take medication as needed
- Transportation plan for appointments / medication pick-ups

## HOME HEALTH ESSENTIALS

- Cleaning supplies & disinfectant spray/wipes
- Fire extinguisher
- Hand sanitizer
- Tissues
- The complete packing list: [gvsu.edu/housing/packinglist](https://gvsu.edu/housing/packinglist)

## EMERGENCY CONTACTS

Identify names, phone numbers, and addresses and write them down, or save them in your phone.

## FIRST AID / HEALTH KIT

Don't forget these essential items that many students don't plan for. Think about items you use regularly or seasonally.

- Antibiotic ointment & hydrocortisone cream
- Bandages, ace bandages, first aid tape, & gauze
- Bug spray & calamine lotion
- Cold, flu, and cough medicine
- Cloth face covering
- Diarrhea medication (& any other medications you take)
- Ice pack/hot pack
- Medicine for aches and fever (e.g. Acetaminophen or Ibuprofen)
- Sore throat lozenges
- Sunscreen & aloe for sunburn
- Thermometer
- Tweezers, scissors, nail clippers, nail file

## LOCAL RESOURCES & CONTACT INFO

Find local providers for when you need healthcare while at GVSU & write them down or save phone numbers and addresses in your phone. If you have insurance, consult your insurance company to help locate in-network providers in the area.

- Dentist: \_\_\_\_\_
- Disability Support: \_\_\_\_\_
  - Disability Support Resources: 616-331-2490
- Hospital: \_\_\_\_\_
- Medical: \_\_\_\_\_
  - Campus Health Center (Allendale): 616-252-6030
  - GVSU Family Health Center (Grand Rapids): 616-331-9830
- Mental Health Crisis: \_\_\_\_\_
  - National Suicide Hotline: 1-800-273-8255
  - Crisis Text Line: Text HOME to 741741
- Ongoing Mental Health Services: \_\_\_\_\_
  - University Counseling Center: 616-331-3266
- Pharmacy: \_\_\_\_\_
- Urgent Care: \_\_\_\_\_
- Other Wellness Resources: \_\_\_\_\_

*\*See [gvsu.edu/lakerstogether](https://gvsu.edu/lakerstogether) for most up to date COVID-19 info*

# PLAN AHEAD & BE PREPARED

## ALCOHOL & DRUG EXPECTATIONS

- What are family and cultural expectations around alcohol consumption and drug use?
- What are your values, beliefs and attitudes towards alcohol consumption and drug use? How will you make informed decisions regarding alcohol and other drug use?
- Learn more about prevention, education, intervention & recovery options offered by Alcohol & Other Drugs Services
- Learn ways to be responsible and keep yourself and others safe as it relates to drugs and alcohol

## HEALTH & WELLNESS STRATEGIES

- Take steps towards being well in all 8 dimensions of wellness
- Eat healthy when away from home
- Move your body often with exercise & physical activity
- Get enough sleep
- Learn techniques to manage stress
- Have a plan for managing your time: class, homework, job, relaxation, and social life

## HEALTH INSURANCE

- Have a copy of your insurance card with you
- Know how to use your insurance (co-pays, in-network providers, preauthorizations)
- Should you use an HSA card to pay for medical related expenses? If so, do you have your own copy to use?
- If you need health insurance, visit [gvsu.edu/campushealth/insurance](https://gvsu.edu/campushealth/insurance)

## SEXUAL HEALTH PREPAREDNESS

- Know that beginning (or continuing) to explore your sexuality in college is normal
- Your beliefs & values about sex may change; don't forget to check in with how your relationships and/or sexual experiences make you feel
- If you engage in sexual activity, practice safer sex - use barrier methods (condoms & dental dams) & get STI tests regularly
- Learn more about sexual health at GVSU, including free condom locations, communication tips, safer sex practices, STI testing information, & trusted resources

## MEDICAL EMERGENCIES

- Call 9-1-1 for emergencies
- Download the American Red Cross First Aid app for free
- Talk with your parent / supporter about when (& how) to seek care & have them walk you through the steps
- Don't wait until last minute to get treatment; act before an illness turns into a potential crisis
- Know when is an appropriate time to call for an ambulance
- Know when to visit Urgent Care vs. the Emergency Room
- Ambulance rides to Emergency Rooms are one-way; be prepared to provide your own transportation back to campus or your apartment

## MEDICAL HISTORY

- Know your medical history & your family medical history, if available:
  - medical conditions & any hospitalizations
  - mental health treatment or inpatient care
  - past surgical procedures
  - chronic conditions you have & how to manage them
  - immunization history
- If you have a chronic health condition:
  - Know what accommodations you may need for your chronic health condition & how to get this arranged
  - Know how to dispose properly of medical supplies (needles, etc.)

## PLAN FOR HEALTH

- If you have a primary care provider, counselor, or any other health care provider, see them before the semester starts
- Practice making appointments & filling out paperwork yourself
- Discuss referrals for providers closer to campus. If you need help identifying your level of care, set up a consultation call
- Sign any necessary releases for your health care providers to get records shared as needed
- If you want, you may also want to execute a medical power of attorney and/or a HIPAA authorization giving your parent / supporter access to your medical records & the right to speak with your care providers. When you turn 18, they will not have access to this information
- Take preventative steps to stay healthy by getting your COVID-19 and flu shot, washing your hands, and practicing social distancing