

POTTY

By Students



MOUTH

For Students

SUMMER 2019
ISSUE 7

WE ARE THE UNIVERSITY HEALTH CENTER

CHANCES ARE, AT SOME POINT WHILE YOU'RE HERE AT JMU **YOU WILL GET SICK** OR NEED OUR SERVICES. REST ASSURED THAT **WE WILL TAKE CARE OF YOU,** RECOMMENDING TESTING OR PRESCRIPTIONS AS NEEDED.

Visit our website (jmu.edu/healthcenter) to learn about all of our services.

WHERE we are

Student Success Center



- 1 General Medicine
SSC 2nd Floor
- 2 Urgent Care
MLK Ave. and S. Mason St.
- 3 The Well
SSC 1st Floor
- 4 Pharmacy
SSC 1st Floor



THE WELL

Health Promotion and Well-Being

- Alcohol and other drug abuse prevention
- Health education programming
- Peer health educators
- Sexual Orientation, Gender Identity and Expression programming
- Sexual violence prevention
- Survivor advocacy

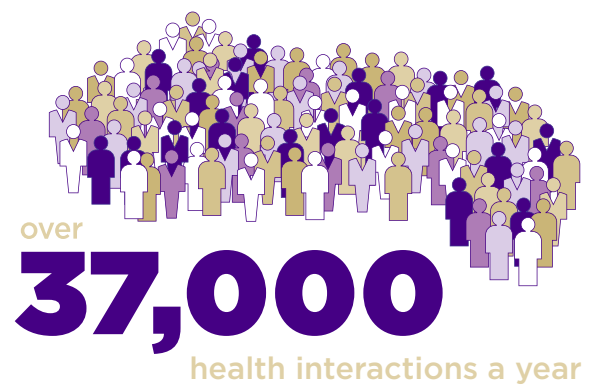
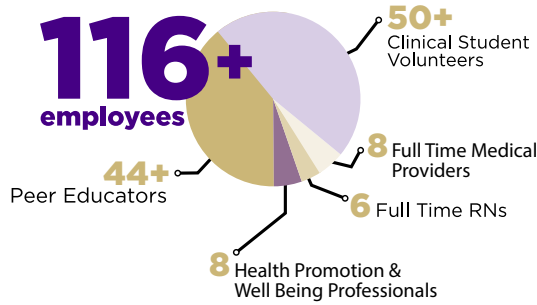
REMINDER! IMMUNIZATION FORM

Due



Upload to your MyJMUHealth Account

WHO we are



FALL FLU CLINIC

OCTOBER 8-9

MORE DETAILS COMING

MANAGE YOUR HEALTH

Medical appointments at the University Health Center can be scheduled online!

Log on to MyJMUHealth, your patient portal
www.jmu.edu/healthcenter/MyJMUHealth



Urgent Care walk-ins are available for injuries and illness that need immediate care, such as stitches, vomiting for over 24 hours, female UTIs, acute allergic reactions or burns.

ASSESSMENT DAY

WHO: All incoming JMU students

WHAT: JMU is dedicated to ensuring that students receive the best education possible. Assessment Day allows JMU to measure the change that is occurring as a result of classes and experiences here on campus!

WHEN: 08/23/2019

CHECK YOUR EMAIL IN AUGUST FOR MORE INFORMATION!

KNOW THE LAW!

As of July 1, 2019, Virginia law prohibits persons under the age of 21 from purchasing or possessing tobacco or nicotine products. Also, cannabis products are illegal in Virginia.

PHARMACY & SELF-CARE

The University Health Center Pharmacy is staffed by a licensed pharmacist and pharmacy technicians. It offers prescriptions for JMU students and over the counter medications for all.

Self-Care Station FOR SELF-LIMITED ILLNESSES

Self-limited illnesses are healed by the body's immune system and can be treated at home without seeing a medical provider. **Pick up information on how to self-care for:**

ANXIETY, PINK EYE, CONSTIPATION, COUGH, FEVER, HEAD LICE, THE FLU, NAUSEA AND VOMITING, SEASONAL ALLERGIES, SORE THROAT, THE COMMON COLD, YEAST INFECTION

SELF-CARE PRODUCTS

Free hand sanitizer, antibacterial wipes and tissues are located at the Self-Care Station. They're the perfect size for your pocket or backpack!
Take some and go!



This issue of Potty Mouth is brought to you by the UHC Marketing Team:

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NOW AVAILABLE ONLINE AT jmu.edu/healthctr

Potty Mouth Questions?
Please contact ritchiac@jmu.edu

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