

DO YOU KNOW ...

How to monitor your health?

- How to take your temperature?
- If you have any chronic conditions?
 - What are your symptoms?
 - How do you monitor these conditions? (e.g., blood sugar, pulmonary function)
 - Who should know about them? (e.g., roommate, resident assistant, professor, Health Services)
- If you're taking any medications (prescriptions, over-the-counter, vitamins/supplements)
 - What does each medicine do?
 - How much should you take, and when?
 - How and where do you pick up refills?
- If you have any allergies?
 - What are your symptoms?
 - Who should know about your allergies? (e.g., roommate, resident assistant, professor)
- If your voicemail is set up, so you can receive health-related messages?

Your health care and insurance providers?

- Who your primary health care provider is?
- If you have health insurance and who provides it?

What to do in an emergency?

- Where the nearest emergency room is?
- Who your emergency contact person is?