

MOFFITT HEALTH CENTER

STAYING HEALTHY

101

Tips for the College Student



SOUTHERN MISS.

MOFFITT HEALTH
CENTER



MOFFITT HEALTH CENTER

Location: Scott Hall, First Floor
(across from Parking Garage)

601.266.5390

PHARMACY

601.266.4075

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MOFFITT HEALTH CENTER AT USM

MOFFITT HEALTH CENTER

601.266.5390

SERVICES

- Provider services (physician, physician assistant or nurse practitioner)
 - General medicine and urgent care services/procedures
- Full-scale laboratory and X-ray services
 - CLIA-certified
- Immunizations and allergy shots
- Health education presentations and programs are available on a variety of topics. Our health educator will come to your dorm, fraternity or sorority house, club or organization to talk about a health topic of your choice. These programs are engaging, as well as informative. Reach out to the Health Education Department at Moffitt Health Center at 601.266.5390. Scan this code to request a health education presentation. →



CLINIC HOURS

Monday - Friday: 8 a.m. - 5 p.m.*

*Clinic opens at 9 a.m. on Thursdays and closes at 4:30 p.m. on Fridays

Patient Hours for Summer, Holidays and Breaks

Monday - Wednesday and Friday: 8 a.m. - Noon; 1 - 4:30 pm.

Thursday: 9 a.m. - Noon; 1 - 4:30 p.m.

APPOINTMENTS

Call 601.266.5390

usm.edu/student-health-services

Location: Scott Hall
(Century Park South)

Fax: 601.266.4205

Appointments are required for all provider visits.

Same day appointments are available.

PATIENT PORTAL (to make appointments and view labs)



Visit usm.edu/student-health-services and click on MHC Online Portal to log in.

PHARMACY

601.266.4075

Location: Scott Hall (Century Park South)

Monday - Friday: 9 a.m. - 5 p.m.

Patient Hours for Summer, Holidays and Breaks

9 a.m. - Noon; 1 - 4:30 p.m.

- Full-service pharmacy
 - Most insurance accepted
 - Convenient and quick
 - Outside prescriptions/e-scripts accepted
 - Curbside pickup available for everyone
 - Delivery available for employees
 - Prescription text notifications
 - Medication cheaper than outside pharmacies
 - Students can charge to SOAR accounts.
 - Can leave voicemails for refills
 - Over-the-counter supplies and medications available

PAYMENT OPTIONS

\$20 Provider Fee

- Insurance can be filed.
- Pay with cash, check, credit card, or charge to student account.
- Laboratory and X-ray services, procedures and medications are additional, separate charges.

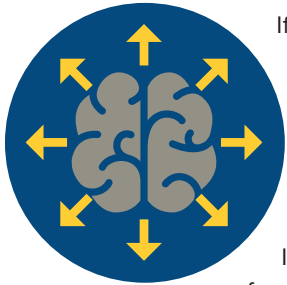
INSURANCE

Moffitt Health Center accepts most types of health insurance and will even file it as a courtesy to you. Don't forget to bring your insurance card when you check in. Check with your insurance provider prior to your visit for questions regarding coverage. We do not accept Medicare and Medicaid.

CONFIDENTIALITY

Federal law (HIPAA) requires that we protect your health information. No one can access your medical records but you, and we'll never release any of your health information without your permission.

OBTAINING ADHD MEDICATIONS AT MOFFITT HEALTH CENTER AND USM PHARMACY



If you are already seeing a medical provider in your hometown for ADHD and have a prescription for your medication, you can take that prescription to USM Pharmacy and get it filled. You can also ask your hometown provider to send the prescription electronically to USM Pharmacy.

If you plan to no longer see your hometown provider for ADHD medication refills and wish to see a Moffitt Health Center provider for refills, we will need the following:

- Testing Records - Get your ADHD testing records from the provider who tested you for ADHD. We will only accept your official/formal comprehensive testing records.
- Approval - After your records are reviewed and approved, you will be contacted for an appointment with a Moffitt Health Center provider. The approval process may take 10-14 days after we receive the appropriate ADHD testing records from your provider.
- Until you are approved, continue to see your regular hometown provider who writes your ADHD medication prescriptions.
- Moffitt Health Center requires documentation of a comprehensive evaluation/ADHD testing and assessment. ADHD screenings and prior medical records of medication refills are not sufficient documentation of the diagnosis. Documentation should state the specific disability as diagnosed. The ADHD diagnosis should be made by someone with appropriate professional credentials and should reference the Diagnostic and Statistical Manual of Mental Disorders (DSM) criteria. Documentation should describe the comprehensive testing and techniques used to arrive at the ADHD diagnosis. Evaluators must be authorized and licensed by the state in which they practice in order to administer the necessary tests for the diagnosis of ADHD, and these credentials must be listed on the ADHD assessment.
- If you have already been tested for ADHD and have the necessary documentation as described above, it is not necessary to be tested again. You may bring a hard copy of your ADHD assessment done by a

licensed professional or have those records faxed to our clinic. (601.266.4205)

- Once your ADHD testing and assessment has been reviewed, you can make an appointment with a Moffitt Health Center provider to discuss medication options.

Patients will be asked to review and sign a Controlled Substance Good Faith Agreement.

LOCAL TESTING RESOURCES

USM CENTER FOR BEHAVIORAL HEALTH

601.266.4588

Fritzsche-Gibbs Hall 201

usm.edu/behavioral-health/index.php

*Uses a sliding scale for fees based on income. Fees for assessment services and some of the specialty programs are fixed.

WILL'S WAY

601.255.5264

32 Millbranch Road, Suite 40, Hattiesburg

info@willswaybehavioral.com | willswaybehavioral.com

CONNECTIONS - HATTIESBURG CLINIC

601.261.5159

102 Medical Park, Hattiesburg

hattiesburgclinic.com/locations/behavioral-health/connections

KIDS BRIGHT CLINIC *Only patients up to age 21

601.336.9099

4881 Hwy 589, Sumrall

KBC@kidsbrightclinic.com | kidsbrightclinic.com

ADHD ONLINE FROM MENTAVI HEALTH

adhdonline.com

Online ADHD Testing Option

Cost is \$179.

- Moffitt Health Center providers will prescribe controlled ADHD medications for only one month at a time. You will be responsible for making an appointment with Moffitt Health Center to get a new prescription each month.
- Controlled substances are monitored by the Drug Enforcement Agency of the Department of Justice. Misuse, selling, distributing (sharing with a friend) is a felony.
- We recommend that you also submit a copy of your official ADHD assessment to USM Student Accessibility Services in order to get extended testing time and/or other classroom accommodations.

WHAT TO DO IF YOU ARE SICK

1. **Keep track of your symptoms.** Jot down or use your phone to track when your symptoms first began or any changes in symptoms, especially if you have a fever.
2. **Stay home** if you have fever, coughing, vomiting, diarrhea, contagious rash, or are experiencing extreme exhaustion. If you have had a fever, you need to be fever-free without fever-reducing medication for 24 hours before returning to work or school.
3. **Call your doctor.** Ask to leave a message for the nurse or provider to call you back.
4. **Answer when the doctor's office returns your call.** Consider saving the phone number in your phone for your doctor's office. That way you will recognize the number when they call.
5. **Listen to your body and pay attention to your symptoms.** If your symptoms are worsening, seek medical attention.
6. **Take extra care of yourself.** Get plenty of rest, eat healthy, drink plenty of fluids, and wash your hands. Avoid strenuous activity or exercise until you are feeling better and have been fever-free for 24 hours without medication.

MY PERSONAL HEALTH INFORMATION

Name: _____

Address: _____

Telephone: _____

Emergency Contact Name and Number: _____

Healthcare Provider: _____

Dentist: _____

Eye Doctor: _____

Insurance Name: _____

Insurance Number: _____

Primary Provider Name: _____

Allergies: _____

Dates of Last Vaccinations: _____

Vaccinations Needed: _____

Current Medications: _____

HATTIESBURG CAMPUS RESOURCES

MOFFITT HEALTH CENTER

601.266.5390
Scott Hall, First floor
usm.edu/student-health-services

USM PHARMACY

601.266.4075
Moffitt Health Center
Scott Hall, First Floor
usm.edu/student-health-services

HEALTH EDUCATION DEPARTMENT

601.266.5390
Moffitt Health Center
Scott Hall
usm.edu/student-health-services/office-health-promotion.php

STUDENT COUNSELING SERVICES

601.266.4829 (Choose option 1 if after hours)
Bond Hall South (East Entrance)
counseling@usm.edu | usm.edu/student-counseling-services

CENTER FOR BEHAVIORAL HEALTH

601.266.4588
Fritzsche-Gibbs Hall 201
usm.edu/behavioral-health

UNIVERSITY CLINIC FOR FAMILY THERAPY

601.266.5475
Fritzsche-Gibbs Hall, Second Floor (Please come up the elevator.)
usm.edu/child-development-family-sciences/university-clinic-family-therapy.php

CAMPUS RECREATION

601.266.5405
Payne Center
campusrec@usm.edu | usm.edu/campus-recreation

STUDENT ACCESSIBILITY SERVICES

601.266.5024
McLemore Hall, First Floor
sas@usm.edu | usm.edu/sas

ARAMARK - EAGLE DINING

601.266.5376
Thad Cochran Center, Ground Floor
usm.campusdish.com

TITLE IX OFFICE

601.266.6804 | Cook Library 129
titleix@usm.edu | usm.edu/title-ix

UNIVERSITY POLICE DEPARTMENT

601.266.4986
Bond Hall, First Floor
police@usm.edu | usm.edu/police

DEAN OF STUDENTS OFFICE

601.266.4025
R.C. Cook University Union 220
dos@usm.edu | usm.edu/dean-students/cares.php

CARES

LEARN ABOUT THE CAMPUS ACTION REFERRAL AND EVALUATION SYSTEM (CARES)

How can CARES help?

CARES includes a team of campus professionals who quickly connect students to resources that address student concerns related to both academics and health.

What types of situations are addressed?

CARES addresses situations that disrupt the safe and productive living and learning community, including, but not limited to, self-harm, family difficulties, stress management, mental health concerns, addictions, Code of Conduct violations, Title IX issues, Clery Act-related issues, and/or issues of academic integrity (e.g. plagiarism).

SHARE A
CONCERN



For further information or to submit a CARES concern, go to usm.edu/student-affairs/cares.php

EMERGENCY



For immediate concerns—someone threatening to harm themselves or others, or who poses a significant threat to the university or community—call the University Police Department or dial 9-1-1.

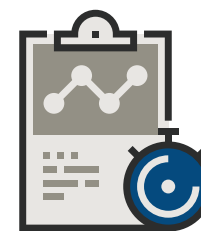
UPD: 601.266.4986

GET ACTIVE

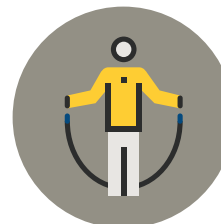
HEY THERE, GOLDEN EAGLES! IT'S TIME TO GET MOVING AND TAKE CHARGE OF YOUR HEALTH. INCORPORATING PHYSICAL ACTIVITY INTO YOUR DAILY ROUTINE IS NOT ONLY BENEFICIAL FOR YOUR BODY, BUT ALSO FOR YOUR MIND.

Here are some tips to help you stay active on campus:

Start by setting realistic goals for yourself. The aim is to accumulate at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity per week. Don't have time for a long workout? We know 150 minutes of physical activity each week sounds like a lot, but you don't have to do it all at once. It could be 30 minutes a day, five days a week. You can spread your activity out during the week and break it up into smaller chunks of time. You can achieve this through activities like brisk walking, jogging, cycling or dancing.

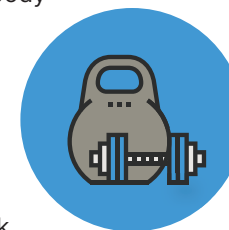


Variety is the spice of life, and it applies to your workouts, too, so mix it up! Try to incorporate a combination of both moderate and vigorous activities to keep things interesting and challenge yourself.



Don't forget about strength training! Aim to do strength activities at least twice a week to build muscle, improve bone density, and boost your metabolism. You can use resistance bands, free weights, or even your own body weight for exercises like squats, lunges and push-ups.

Remember, everyone must start somewhere, so start small and build up. Begin with activities that feel comfortable, and gradually increase your intensity and duration as you become more fit. Setting achievable goals for today will help you stay motivated and on track.



Break up your physical activity into shorter bouts throughout the day. Take the stairs instead of the elevator, go for a brisk walk during your break between classes, or do a quick workout in your dorm room. Students have access to the Payne Center free of charge.

Banish the all-or-nothing mindset and stay positive! Any amount of movement is better than none, so don't be too hard on yourself if you miss a workout or fall short of your goals. Celebrate your progress, no matter how small, and keep pushing forward. Remember, staying active is not only about physical health but also about improving your mood, reducing stress, and boosting your overall well-being. So, lace up those sneakers, grab a friend, and make staying active a fun and rewarding part of your college experience!



NUTRITION TIPS

- Make half of your plate fruits and vegetables.
- Foods that are high in solid fats, added sugars and salt should be occasional treats, not everyday foods.
- Avoid oversized portions. Use a smaller plate or bowl to help with portion control.
- Make at least half your grains whole grains.
- Drink water instead of sugary drinks. Have a water bottle with you throughout the day, and don't wait until you're thirsty to have water.
- Use the nutrition facts label to compare the sodium, calories, fats and sugars in your foods.
- Switch to fat-free or low-fat (1%) milk.
- Pack healthy snacks when you head to class to help avoid vending machines.
- Don't skip meals. Start your day with breakfast. Skipping meals lowers your metabolism and can lead to binge eating later in the day, both of which lead to weight gain.



CAMPUS SAFETY

- Stay alert. If you're alone, consider inviting a friend to join you. Be mindful of your surroundings, and engage in safety behaviors, such as listening to music in one ear instead of both, to be safe.
- Be careful about posting your location and consider disabling this function on social media.
- Make others earn your trust before relying on them.
- Have a back-up plan. If your phone dies, do you have a few numbers memorized to get help? Do you have emergency cash in case you can't use a credit card? Do you have the address to your residence hall memorized?
- Be secure. Lock your doors and window when you're asleep or away from your room. If people constantly prop open a door, tell security or a trusted authority figure.
- Be aware of the emergency phones located around campus with the blue lights on them.

SAFETY IN SOCIAL SETTINGS

- Make a plan. If you're going to a party, go with people you trust. Agree to watch out for each other, and plan to leave together. If your plans change, make sure to touch base with the other people in your group. Don't leave someone stranded in an unfamiliar or unsafe situation.
- Protect your drink. Don't leave your drink unattended, and watch out for your friends' drinks if you can. If you go to the bathroom or step outside, take the drink with you or toss it out. Drink from unopened containers or drinks you watched being made and poured.
- Know your limits. Keep track of how many drinks you've had, and be aware of your friends' behavior. If one of you feels extremely tired or more drunk than you should, you may have been drugged. Leave the party or situation and find help immediately.
- If you want to exit a situation immediately and are concerned about frightening or upsetting someone, it's okay to leave. You are never obligated to remain in a situation that makes you feel uncomfortable, pressured or threatened. You can also help a friend leave a situation that you think may be dangerous. Some excuses you could use are needing to take care of another friend or family member, an urgent phone call, not feeling well, or having to be somewhere else by a certain time.

WHAT IS A HEALTHY RELATIONSHIP?



Speak Up

In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.



Respect Each Other

Your partner's wishes and feelings have value, and so do yours.



Compromise

Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise if you disagree on something. Try to solve conflicts in a fair and rational way.



Be Supportive

Offer reassurance and encouragement to each other. Also, let your partner know when you need his or her support.



Respect Each Other's Privacy

Just because you're in a relationship doesn't mean you have to share everything and constantly be together. Healthy relationships require space.



Healthy Boundaries

By setting boundaries together, you both can have a deeper understanding of the type of relationship that you and your partner want. Creating boundaries is not a sign of secrecy or distrust – it's an expression of what makes you feel comfortable and what you would like or not like to happen within the relationship.

WHAT ISN'T A HEALTHY RELATIONSHIP?

Relationships that are not healthy are based on power and control, not equality and respect. In the early stages of an abusive relationship, you may not think the unhealthy behaviors are a big deal. However, possessiveness, insults, jealous accusations, yelling, humiliation, pulling hair, pushing or other abusive behaviors are – at their root – exertions of power and control. Remember that abuse is always a choice, and you deserve to be respected. There is no excuse for abuse of any kind.

SEXUALLY TRANSMITTED INFECTIONS (STIs)

Sexually Transmitted Infections (STIs) are infections transmitted through sexual contact, including vaginal, anal or oral contact. It is possible to transmit an STI without having symptoms of the infection. STIs can cause complications, including lesions, pain, secondary infections, infertility and death.

You can be tested for STIs at Moffitt Health Center. If you are having symptoms of an STI, please make an appointment to see a provider. If you are not having symptoms of an STI, you may make a nurse visit only appointment to get tested.

4 TYPES OF SEX THAT MAY EXPOSE YOU TO AN STI

- Oral Sex
- Anal Sex
- Vaginal Sex
- Mutual Masturbation

COMMON STIS

Chlamydia

- **Transmission:** oral, anal and vaginal sex, and mutual masturbation (bodily fluids)
- **Symptoms:** most have no symptoms, but may include vaginal discharge, burning/pain with urination or itching
- **Treatment:** antibiotics

Gonorrhea

- **Transmission:** oral, anal and vaginal sex, and mutual masturbation (bodily fluids)
- **Symptoms:** often no symptoms, but may experience burning with urination and abnormal discharge
- **Treatment:** antibiotics

Herpes

- Viral infection
- **Transmission:** oral, anal and vaginal sex, and mutual masturbation (skin-to-skin contact)

- **Symptoms:** may have no symptoms, but may include cold sores, fever blisters on the mouth, genital sores and blisters
- **Treatment:** cannot be cured, but symptoms can be managed with medication

HIV

- Viral infection that can develop into AIDS, if not treated
- **Transmission:** oral, anal and vaginal sex, and mutual masturbation (bodily fluids)
- **Symptoms:** may have no symptoms for years, but may include tiredness, fever and aches
- **Treatment:** cannot be cured, but symptoms and progression of infection can be managed with medication

HPV

- Viral infection
- **Transmission:** oral, anal and vaginal sex, and mutual masturbation (skin-to-skin contact)
- **Symptoms:** most have no symptoms, but some may have genital warts, burning/pain with urination, burning or itching
- **Treatment:** no cure but will usually resolve on its own; treatment available

Syphilis

- Bacterial infection that spreads through the body
- **Transmission:** oral, anal and vaginal sex, and mutual masturbation (skin-to-skin contact)
- **Symptoms:**
 - Stage 1:** painless chancre sore
 - Stage 2:** temporary rash, lesions or flu-like symptoms
 - Stage 3:** without treatment, can cause blindness, heart or brain damage, or death

- **Treatment:** can be treated with antibiotics, but medication cannot undo any damage already done prior to treatment

Trichomoniasis

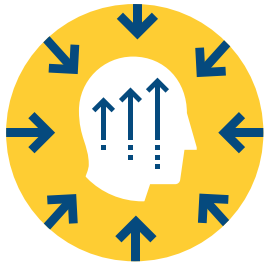
- Parasitic infection; increases risk for other STIs
- **Transmission:** vaginal sex
- **Symptoms:** often no symptoms, but may include vaginal discharge, genital discomfort, burning with urination, irritation of the penis
- **Treatment:** antibiotics

PREVENTION

- Ask your provider about vaccines that can protect against certain STIs.
- Abstinence
- Monogamous relationship
- Use a barrier method of protection, like a latex condom, female condom or dental dam.
- Condoms are available for free in the lobby of Moffitt Health Center. They are also available at the front desks in all dorms.
- Don't have sex under the influence of alcohol or drugs.
- Know the signs and symptoms of STIs.
- People with STIs often have no symptoms.
- If you are sexually active, get regular STI checks.
- All STIs can be treated. Some cannot be cured, but treatment will help with symptoms.
- If an STI is not treated, it can cause serious health problems.



STRESSED OUT



Stress is your body's response to physical and psychological changes. And let's face it, college throws a ton of stuff our way that can amp up the stress levels. It's all about figuring out what gets you feeling stressed and what situations kick it into high gear.

SYMPTOMS OF STRESS



- Changes in sleep
- Changes in appetite
- Increased use of alcohol and drugs



- Increased fatigue
- Inability to concentrate
- Changes in mood/mood swings
- Changes in exercise habits



- Frequent head, back or muscle ache, indigestion, diarrhea
- Frequent accidents and injuries
- Feeling irritable
- Restlessness and anxiety

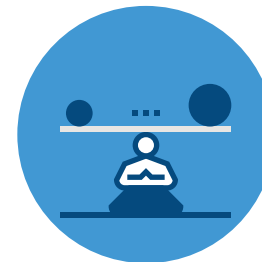
STRESS MANAGEMENT TECHNIQUES



- Take a break to relax and refresh.
- Think positive.
- Make a to-do list and prioritize.
- Reach out to others.
- Practice relaxation techniques, like meditation or progressive muscle relaxation.



- Manage your time and energy.
- Don't procrastinate – do more difficult tasks first, remove distractions, and break large tasks down into smaller ones.



- Exercise regularly.
- Get plenty of rest.
- Eat a healthy diet.
- Set realistic expectations.
- Identify your stressors and try to avoid them whenever possible.
- Balance school and other responsibilities.
- Counseling is especially helpful during times of chronic stress.

Prolonged stress can lead to many health problems, including decreased immunity, which increases risk for infections, mental health problems, such as depression and anxiety, and heart and digestive problems.

CAMPUS POLICY

The University of Southern Mississippi adopted a campus-wide tobacco- and vape-free policy on January 1, 2018. By going tobacco- and vape-free, The University of Southern Mississippi makes the effort to promote a cleaner, healthier environment in which students can learn, employees can grow professionally, and the campus community can enjoy all that this university has to offer in the areas of academics, research, arts, athletics and service. The goal is to create an environment in which those on campus feel encouraged and empowered to make healthy lifestyle decisions that can influence their overall health for a lifetime. Smoking or the use of any tobacco product, including e-cigarettes, vapes, etc., is prohibited on any University of Southern Mississippi campus or location.

COMMIT TO QUIT

If you do smoke or vape, these tips can help you quit.

- Make a list of all the reason you want to quit, such as protecting your health and saving money.
- Set a date and time to quit.
- Ask your healthcare provider about Nicotine Replacement Therapy.
- Tell your friends and family you are quitting. You may need their support.
- Plan what you will do when the urge to smoke or vape occurs. Taking a walk, texting a friend, listening to music, eating a lollipop or candy, put a toothpick or straw in your mouth.
- Look for quit tips and digital tools at smokefree.gov.



HOW VAPING AFFECTS YOUR BODY

Companies that sell vaping products say they are safer than cigarettes. But the truth is, vaping can harm your body in many ways.

BRAIN

- Vape devices contain nicotine, a powerful addictive drug that comes from tobacco.
- Vaping nicotine alters your brain and increases the risk of addiction.
- Vaping can affect your learning, memory, mood and attention.

LUNGS

- When you vape, tiny particles of chemicals and heavy metals go deep into your lungs.
- Vaping can make you cough, wheeze and short of breath.
- Vaping can worsen lung disease such as asthma and chronic obstructive pulmonary disease (COPD).
- A chemical used in some vaping flavors is linked to a disease called “popcorn lung.”
- E-cigarette or vaping use-associated lung injury (EVALI) is a dangerous, sometimes deadly, lung disease.
- Vaping products from unknown sources or those that contain marijuana oils are more likely to cause EVALI.

HEART

- Nicotine speeds up your heart. It raises blood pressure and narrows blood vessels and makes them stiff.
- Using nicotine increases the risk of heart attack, stroke and heart disease.

SKIN AND HAIR

- Nicotine ages your skin more quickly and can cause wrinkles.
- Vaping nicotine can cause skin to heal more slowly.
- Nicotine harms hair follicles, which can cause your hair to fall out.

NOSE AND THROAT

- Vaping dries out nasal passages and can cause your nose to bleed.

TEETH

- The sweet flavors that are common in vapes can weaken the enamel on your teeth. This can lead to cavities.
- Vaping may contribute to gum disease.

BONES

- Vaping can weaken bones and make them more likely to break.

EYES AND EARS

- Chemicals in nicotine vaping products are linked to macular degeneration and thyroid eye disease. Both conditions can cause permanent eye damage and loss of vision.
- Nicotine can harm hearing by limiting blood flow to your inner ear.

STOP AND THINK BEFORE YOU DRINK

Alcohol is all around us. Many people enjoy a drink now and then. But drinking, and especially drinking too much, can hurt your health and get you into trouble.

- Remember, you don't have to drink.
- If you do decide to drink, set your own pace. Have no more than one alcoholic drink per hour.
- Drink water or juice in between alcoholic drinks.
- Avoid drinking games.
- If you are going out, let someone know where you will be.
- Plan to have a non-drinking driver or another way home.
- Do not accept a drink if you do not know what is in it or you did not see them make the drink.
- Alcohol and some medications do not mix; check with your healthcare provider.
- Watch your drink and never leave your drink unattended.
- Alcohol and sex do not mix – drunken sex is not consensual sex.

WARNING SIGNS OF ALCOHOL POISONING

Alcohol poisoning can kill you. Doing shots and binge drinking – having three to five drinks or more, one right after the other – can lead to alcohol poisoning. Signs of alcohol poisoning include the following:

- Not waking up
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths a minute)
- Irregular breathing (10 seconds or more between breaths)
- Cold, clammy skin
- Bluish skin color or paleness
- Low body temperature

IF YOU THINK SOMEONE IS SHOWING SIGNS OF ALCOHOL POISONING, CALL 911!

HOW TO HELP SOMEONE WITH ALCOHOL POISONING UNTIL FIRST RESPONDERS ARRIVE



- Stay with the person.
- Turn the person on his or her side.
- Check the person's breathing.
- Check his or her skin temperature.
- Frequently try to wake the person.

THE LEGAL DRINKING AGE IS 21. PENALTIES FOR UNDERAGE DRINKING INCLUDE THE FOLLOWING:

- Guilty of a misdemeanor
- Fines up to \$500
- Suspended license for up to 90 days
- Community service for up to 30 days
- Alcohol awareness course

LEGAL CONSEQUENCES FOR DRINKING AND DRIVING INCLUDE THE FOLLOWING:

Mississippi has a Zero Tolerance for Minors Law for Underage DUIs.

1st Offense

- Imprisonment for 48 hours
- Fined \$250
- Complete a Certified Alcohol Safety Education or Drug Abuse Program within six months
- Participate in a Victim Impact Panel
- Driver's license suspended 120 days
- Community service
- Substance abuse counseling

2nd Offense

- Imprisonment for up to one year
- Fined \$500 - \$1,000
- Complete a Certified Alcohol Safety or Drug Abuse program
- Participate in a Victim Impact Panel
- Driver's license suspended for one year and possibly denied for two years
- Community service
- Substance abuse counseling

If a convicted drunk driver causes the death or serious injury of another person, the offense is a felony with criminal penalties of up to 25 years in prison.

OPIOID OVERDOSE AND NARCAN EMERGENCY KIT LOCATIONS

- Common opioids: fentanyl, morphine, heroin and codeine
- Many fake prescription pills contain deadly amounts of fentanyl. Do not accept any pills or drugs from anyone, whether you know them or not.
- Narcan, or Naloxone, is used for the emergency treatment of known or suspected opioid overdose. Narcan nasal spray boxes are located across campus for use in an emergency.
- Opioid and Narcan educational presentations and Narcan training are available through the Moffitt Health Center. Scan this code to request training. →



NARCAN LOCATIONS

- **All residence halls** - First floor
- **Greek housing** - Kitchens
- **Payne Center** - Near front desk
- **Thad Chocran Center** - Near post office
- **Cook Library** - First floor
- **Parking garage** - By elevator all four floors
- **M.M. Roberts Stadium** - Section E4 near concessions
- **Pete Taylor Park** - Alcove by elevators
- **Reed Green Coliseum** - Section E near concessions
- **Wellness Center** - Front lobby



VAX UP: YOUR GUIDE TO COLLEGE IMMUNIZATIONS



Several diseases can be prevented through vaccination, including the following:

These are for both males and females.

- **HPV:** HPV is an STI that leads to cervical cancer and genital warts. It is not curable but is preventable through a series of vaccines called Gardasil, which is two shots recommended for boys and girls at ages 11-12. Those getting the vaccine on or after age 15 will need three shots given over six months.
- **Meningitis:** Meningitis is a potentially fatal bacterial infection in the brain and spinal cord or the blood. It is spread through contact and air droplets. It is most prevalent in places where people live in close quarters, such as residence halls and apartment complexes.
- **Flu:** Every year, the flu affects many students with mild to severe symptoms. Receiving a flu vaccine at the beginning of flu season (usually October) greatly reduces one's risk for the virus. Because the virus changes every year, it is recommended to get the vaccine every year.
- **TDAP (Tetanus Shot):** This vaccine protects one from tetanus and whooping cough. A booster is recommended every 10 years. It is often given after injuries such as puncture wounds, if date of last shot is uncertain, or if the last vaccination has been longer than five years.
- **COVID:** The COVID vaccine protects against COVID-19. COVID-19 vaccine ingredients are considered safe for most people.
- **MMR:** The MMR vaccine protects against measles, mumps and rubella. It is usually given to children before they enter school. However, the vaccine does not provide lifelong immunity, so a booster is recommended in early adulthood. Students must show proof of two MMRs prior to enrolling at the University.

Students needing any of the above immunizations can visit Moffitt Health Center to complete their vaccine series or to speak with a clinical staff member about questions or concerns.

MOFFITT HEALTH CENTER

Scott Hall

clinicadmin@usm.edu

usm.edu/student-health-services

MOFFITT HEALTH CENTER

601.266.5390

PHARMACY

601.266.4075

 Moffitt Health Center & USM Pharmacy

 @moffitt_health

 @USMhealth