Welcome from the Marist Health and Wellness Center! Our job is to help keep you healthy and informed. We work closely with the entire Marist College community as well as the Dutchess County and New York State Departments of Health.

All full-time undergraduate students are covered for care at the Marist Health and Wellness Center. There is no charge for office visits, with the exception of allergy shots. We have a physician or nurse practitioner onsite all the hours we are open to assist in your care and provide treatment. We have emergency medication stock, including Emergency Contraception (for which we charge our cost from the pharmacy). If you receive a prescription, it can be filled across the street from campus at Rite Aid Pharmacy or at the pharmacy of your choice.

If you become ill or have a minor injury outside of Wellness Center hours, contact your RA or RD for assistance and facilitation of care.

**Helpful links**

For more details about Marist Health Services, please take a moment to view our website: [http://www.marist.edu/healthservices/](http://www.marist.edu/healthservices/).

There is plenty of helpful information on our page, including Student Health 101, an online health and wellness magazine for students, at [http://www.marist.edu/healthservices/studenthealth.html](http://www.marist.edu/healthservices/studenthealth.html)

For Marist Counseling Services, please see [http://www.marist.edu/counseling/services.html](http://www.marist.edu/counseling/services.html)

**Insurance Cards**

If you have enrolled in the Marist College Accident and Sickness Insurance Plan, please visit the Plan Administrator website at [https://www.ajfusa.com/ajfusa/help_college_students.php](https://www.ajfusa.com/ajfusa/help_college_students.php) for policy details. You can call Customer Service at 914-922-9225 or 800-734-9326 with any questions.
Staying Healthy

As illnesses like colds and ‘flu’ (influenza) can spread rapidly in the close quarters of residence halls and classrooms, we recommend that you:

1. Protect yourself by practicing good hygiene (see below).
2. Have a thermometer, fever/pain reliever (acetaminophen, ibuprofen), tissues, and hand sanitizer in your dorm room.
3. Carry tissues and hand sanitizer or wipes in your bag or backpack. Stay up to date about any campus health alerts and Student Health 101 online magazine via our webpage www.marist.edu/healthservices
4. Plan to get a flu shot. On-campus flu clinics will be announced via email, posters, and web page alerts.

IF YOU BECOME SICK WITH INFLUENZA-LIKE ILLNESS (see below), DO NOT GO TO COMMUNAL ACTIVITIES, INCLUDING MEALS AND CLASSES. Please phone 845-575-3270 to get advice from a health professional. If it is after hours, contact your RA or RD for advice.

‘Flu season’ commonly runs from December through March, but some years starts earlier and/or lasts longer, and severity varies from year to year. Please read the following information to help you be prepared.

GOOD HEALTH AND HYGIENE PRACTICES

1. Do not share drinks, food, silverware, glassware, or personal implements or products.
2. Avoid close contact with those who are or may be sick
3. Stay home when you are sick
4. Practice good respiratory etiquette:
   a. Cover your mouth and nose with a disposable tissue when coughing or sneezing.
   b. Sneeze into your elbow or sleeve if you don’t have a tissue
   c. Dispose of tissues in a waste receptacle (don’t touch the trash)
   d. Clean your hands
   e. Do this every time you cough or sneeze!
5. Clean your hands often and appropriately
   a. Wash with soap and water for 20 seconds – the rubbing action and time are essential to success!
   b. Dry thoroughly with a clean paper towel; turn the faucet off with the towel.
   c. Use alcohol-based hand sanitizer when soap and water are not available.
6. Avoid touching your eyes, nose, or mouth, as this transfers germs.
7. Keep shared “high touch surfaces” sanitized (faucets, doorknobs, desks, tables and keyboards)
8. Practice other good health habits:
   a. Be physically active; get plenty of sleep.
   b. Stay well-hydrated, eat nutritious foods.
   c. Manage your stress: develop a social network; keep in touch; plan for “downtime.”
If you develop influenza or influenza-like illness, please be aware that you are contagious!! Because most healthy adults can infect others for up to 5-7 days after becoming sick, it is preferable that you remain out of community settings for at least 5 days after the onset of illness. At a minimum, you must stay away from public activities until at least 24 hours after symptoms are gone, including fever, without the use of fever-reducing medication. Students who live within driving distance may choose to go home while they are ill; please advise the Residence Life staff of your status and whereabouts. Marist faculty is aware of the influenza absence policy and will work with students for alternate education delivery as needed.

The Marist College Health Services Absence or Excuse Policy can be found at:
http://www.marist.edu/healthservices/pdfs/_excusepolicy.pdf

Best wishes for a healthy and successful year!