Doctor Appointments – Be sure to maintain your annual wellness visits with your family doctor.

Dental Care – Be sure to maintain your checkups with your dentist.

Items to bring along to college:
- Thermometer – to evaluate fevers
- Adhesive bandages – variety of sizes
- Ice Pack
- Tweezers – to remove splinters
- Ace Bandage
- Personal medications prescribed by family doctor

York College Health Services
Services currently offered include unlimited illness visits, injury evaluations, immunization injections, throat cultures, peak flows, blood pressure screenings, wound care and urinalysis testing, educational material and health consultations. Coordination and referral to other providers and community agencies is also provided. Tuberculosis testing, physical evaluations for teacher certifications, driver’s license and some employment physicals are all available with a nominal fee. If you are experiencing physical problems, talking to a doctor can help identify any physiological issues. Contact the Health Services for more information or visit the website.

How to schedule an appointment and what to bring.
- Call 717-849-1615
- Schedule an appointment with the nurse, physician, or nurse practitioner may decrease your wait time.
- Know your participating laboratory is just in case you have to be sent for blood work.
- Bring insurance cards or copy of front & back
- Walk-ins are welcome but will need to be worked into the schedule of appointments with the nurse, physician, or nurse practitioner.
- Make sure you have turned in your completed Health Record prior to your appointment and entrance to college.

Hygiene at College is important!
Starting college can effect not only your mental health but your physical health as well.

Practicing good hygiene can go a long way to prevent yourself and others from becoming ill during what can be a stressful time.

What is Hygiene?
Hygiene is defined as a comprehensive plan for preserving individual and community health in all its dimensions. Implementing such practices are particularly important on college campuses where students often live in close quarters and move from one building or classroom to another every day.

Some people have rarely traveled before leaving home to go to college. In contrast, universities often draw students from around the globe. People who have grown up in different cultures are used to different hygiene practices. Regardless of culture or habit, there are some key habits and precautions that every student can take to avoid illness.
Personal Hygiene
Maintaining good personal hygiene also helps fight infection by removing substances that allow bacteria to grow on the surface of your skin. Personal hygiene includes health practices such as bathing, hand washing, washing your hair, brushing your teeth, and washing your clothes. Bathing and showering daily with soap helps to remove dirt, dead skin cells, and body odor.

Bathing /Hygiene Necessities
- Hair Care Products – Shampoo helps remove oils and may reduce dandruff.
- Bath Towels and wash clothes
- Portable Shower Caddy so you’ll have everything you need stored in one convenient place.
- Bathrobe
- Bathing Products – Soap/Shower Gel. Soap sticks to the oils and dirt on your skin to help remove them and lessen the chance for bacteria growth.
- Hand Sanitizer - Wash your hands often
- Toiletries - Tissues and toilet paper
- Dental Care Products – A new toothbrush should be purchased every three months. Taking good care of your mouth and teeth ensures healthy teeth and eliminates bacteria in your mouth that can cause bad breath.
- Deodorants
- Cosmetics - refrain from sharing!
- Feminine Hygiene Products
- Flip Flops/shower shoes – Wear non-slip shower shoes in the dorm bathrooms and showers to protect your feet from unwanted foot fungal diseases and cutting your feet on rough surfaces.
- Over the Door Hook – these can be handy and easily stored in your bathroom caddy.
- Hair Dryer
- Shaving Supplies
- Aftershave lotion, Perfumes, or Cologne. Use these items sparingly for there are students with allergies and asthma that may flare up when too close. Respect their condition and adjust accordingly.

Sleep - Most college students don’t get enough sleep, and sleep deprivation is a major contributor to symptoms of depression and anxiety. Everything seems worse when you are tired. Going to bed and getting up at a similar time each day is ideal.

Healthy Eating - You may not have much of an appetite, but eating regularly is important to keep your energy up. Eating regularly also helps maintain your blood sugar levels, which can aid in maintaining a more stable mood.

Exercise – Be physically active. Getting some type of exercise each day is good for your brain and your body.

Reduce or eliminate caffeine. This may include caffeinated coffee, soda, and tea, as well as energy drinks and excessive amounts of chocolate. Caffeine is a stimulant and may exacerbate symptoms of anxiety.

Keep as normal a routine as possible. Try to participate in your normal activities, and keep with as regular a schedule and routine as you can, even when you don’t feel like it. This would include going to class and chapel.

Nurture Yourself - Engage in activities that are soothing or enjoyable. Take time to listen to music, read a book for pleasure, improve your living space, or be creative.

Medications – If you are taking medications, take them as prescribed. Fluctuations in medication usage can exacerbate symptoms of depression, anxiety, and other mental or emotional problems.

Maintain Healthy Boundaries – Allow yourself to say no in order to avoid feeling overwhelmed.

Support – Turn to healthy friends or family for support. Other people you may want to consider approaching include professors, pastors, Residence Life Staff, Counseling Services, etc.