Important Reminders

3/6 Last day to withdraw from the semester without “W’s”
3/14-20 Spring Break
3/23 Session B classes begin
3/27 Last day to add a session B class without signature
3/27 Last day add/drop a session B class online
4/1 Graduation application due
Don’t Let Spring Break, Break You!

With March quickly approaching, one thing is on many students’ minds: Spring Break! Whether you are planning a trip on a beach somewhere or taking the time to camp and adventure in the wilderness, there are various ways to plan ahead, shop around, and find the best deals to save you money.

Be a $mart Shopper

First things first: deciding where to spend your spring break. A few factors to consider are the price of hotel accommodations, airfare, eating, and of course quality of nightlife, relaxation, and warm weather. Look for package deals and all-inclusive packages which often include travel, hotel, food, and drinks. According to U.S. News.com, the best, cheap spring break spots are:

1. Daytona
2. South Padre Island
3. Santo Domingo
4. Puerto Rico
5. Cancun
6. Jamaica
7. Myrtle Beach
8. Biloxi
9. Costa Rica

Travel on Off Days at Off Times

Once you have decided where you want to go, it is time to consider how you will get there the cheapest way possible. With spring break right around the corner, it is important to compare prices as some destinations may be cheaper to fly to than others. If you do not have your heart set on warm weather, head to a big city for your vacation. “Flights to New York City, Los Angeles, Chicago, or even London or Paris do not fluctuate as much during this time,” (The Fiscal Times). To find the best deal, make sure to be flexible with flight times. It is generally cheaper to fly Monday through Wednesday, early morning and red-eye flights, and connecting flights. Buying two one-way tickets may also cost less than a round trip ticket. Useful websites and tools are listed below:

Student Travel Sites: STA Travel, Student Universe, Ryanair, and Wizz Air
Compare Ticket Prices: Kayak.com and Google Flights
Keep Track of Airfares: Bing Price Predictor, Airfarewatchdog.com, farecompare.com, and Yapta.com

Grab Your Student ID Before Playing Tourist

So now you have the best deals on your destination and flight, but what about saving money on your vacation? Use your student status to your advantage! Some places might give you a discount if you have your student ID. All you have to do is ask. Hotels can be a huge cost on your trip, so consider camping or staying in hostels. Rent a bike instead of paying for taxis and rental cars. And lastly, go to the grocery store right when you reach your destination. Having food, snacks, and meals already in your room or tent will save you big bucks.

Spring Break is a time to have fun, relax, and take a break from the stresses of school. Don’t let Spring Break, break your bank!

Article written by Chelsey Marshall, AmeriCorps VISTA with St. Croix County UW Extension’s $martU program.
Test Me for Everything

While sexually transmitted diseases (STDs) affect individuals of all ages, STDs take a particularly heavy toll on young people. Centers for Disease Control (CDC) estimates that youth ages 15-24 make up just over one quarter of the sexually active population but account for half of the 20 million new sexually transmitted infections that occur in the United States each year.

Doing the “responsible” thing does include knowing your status by getting STD/STI testing done...but what testing? Most physicians would agree that testing for “everything” is not always practical or possible. There are certain guidelines health care providers follow that are based on risk factors and presence or absence of symptoms. This is where, as uncomfortable as it may make you, honesty and forthcoming with the health care provider are imperative to you receiving the proper tests.

General guidelines for testing:
- **Chlamydia**: Sexually active females 25 years old and younger need testing every year, and males should be tested if they have symptoms, risk factors, or known exposure.
- **Gonorrhea**: If you have symptoms, risk factors, or known exposure.
- **HIV**: Once to know your status. More often if continued high risk behaviors.
- **Herpes**: If there is a lesion present.
- **HPV**: Males if a lesion is present. Females if a lesion is present or you have slightly abnormal Pap (ASCUS), or you can have an optional screen at age thirty.
- **Hepatitis B or C**: If you have symptoms, risk factors, or known exposure.

Wondering if you have symptoms? Click here for common symptoms.

Effective strategies for reducing STD risk as outlined by the CDC include:
- **Abstinence**: The most reliable way to avoid infection is to not have sex (anal, vaginal, or oral.)
- **Vaccination**: Vaccines are safe, effective, and recommended to prevent hepatitis B and HPV.
- HPV vaccines are recommended for all teen girls and women through age 26 and all teen boys and men through age 21.
- **You should also get vaccinated for hepatitis B if you were not vaccinated when you were younger.**
- **Mutual monogamy**: Mutual monogamy means that you agree to be sexually active with only one person, who has agreed to be sexually active only with you. Of course, you must both be certain you are not currently infected with STDs.
- **Reduced number of sex partners**: It is still important that you and your partners get tested, and that you share your test results with each other.
- **Condoms**: Correct and consistent use of the male latex condom is highly effective in reducing STD transmission. Use a condom every time you have anal, vaginal, or oral sex.
- **Take control**: Knowing your STD status is a critical step to stopping STD transmission. If you know you are infected, you can take steps to protect yourself and your partners. Be sure to ask your healthcare provider to test you for STDs; asking is the only way to know whether you are receiving the right tests. And don’t forget to tell your partner to ask a healthcare provider about STD testing as well.
- **Arm yourself with basic information about STDs**: How are these diseases spread? How can you protect yourself? What are the treatment options? Learn the answers to these questions by reading the STD Fact Sheets.

Did you know?!
Student Health Services will cover the cost, for current UWRF students, of most STD testing at both Pierce County Reproductive Health (715-425-8003) and the River Falls Medical Clinic (715-425-6701). Safer sex supplies, including condoms, can be obtained at low or no cost from Pierce County Reproductive Health Services.

Student Health Services also has condoms available with a limit of two per “sexual choices” kit.

You have the facts; now protect yourself and your sexual partners.

Have questions? Check out the Student Health Services web page or call for an appointment at Pierce County Reproductive Health Services or the River Falls Medical Clinic.

Article written by UWRF Student Health Services.
Pierce County Reproductive Health Tables at the University Center

Look for Pierce County Reproductive Health in the University Center twice a month for spring semester! UWRF Student Health Services contracts with Pierce County Reproductive Health to provide FREE SERVICES AND SUPPLIES such as STD/STI testing, condoms/emergency contraception, Pap smears and exams, HIV testing, genital wart treatments, urine pregnancy testing, hemoglobin testing, and connects students with appropriate pregnancy resources. They will be available to discuss their services, hand out condoms, schedule appointments, and connect students with resources to access birth control at low or no cost (and other resources that may help cover health care costs). This is a resource worth checking out! For more information, go to the Student Health Services web page by clicking here. Services are confidential and provided for both men and women.

Article written by UWRF Student Health Services.

You Have Been Selected to Complete a UW-River Falls Student Health Survey!

If you get an email with this in the subject line, please respond and complete this survey! A UW-River Falls Student Health Survey should have been delivered on Sunday, February 22nd, to 4,000 randomly selected UWRF students. An email request to complete this survey will be sent, and it is very important that selected students complete the survey. The survey (the National College Health Assessment) asks students questions about their health behaviors, beliefs, and perceptions.

The information is used to help develop and tailor services and programming to meet the needs of our students. This survey is being administered across UW System campuses, so it will give us information about our students here at UWRF as well as information about students in the UW System. This survey is confidential, and there will be no names associated with the data; only group data will be shared.

Time to vote!
You submitted your sandwich, now go vote!
Voting for the new Fredrick Tail Feather goes from February 23rd through March 12th.
Click here to vote!
“Be wise...Immunize” was a slogan a number of years ago encouraging people to get their influenza vaccine. Influenza vaccines are recommended regardless of if you are going to travel or stay at home. If you are going anywhere on a bus, train, or plane where you are exposed to many people in an enclosed space, this is one vaccine you are going to want to make sure you have!

Check the last date of your Tetanus shot, and make sure it was the one that contained the Pertussis component. You do not need a booster unless it has been over 10 years since your last shot, but you can get the booster with the Pertussis in it sooner if you have not had one before. Most students would have received a booster when they were 12- to 15-years-old, but you should check since there are many people who get off of the schedule for one reason or another. This vaccine is important especially if you are going to be working on farms or doing service learning type projects involving construction.

Most students received the three Hepatitis B vaccines as a child, but you should verify this since it is possible that you either did not get any or did not receive all three. Hepatitis B is transmitted sexually and through blood exposure and is much more common and contagious than HIV/AIDS.

There are a few things to consider if you are planning to do any traveling this year. Some of them involve changes as to “how it has always been done,” so please read below. If this is not your year to travel, read on anyway because you may benefit from taking care of a few things this year in preparation for the future travel adventure of your dreams.

Most students have not received the Hepatitis A vaccine. You might want to consider getting this vaccine, which is a two shot series spaced six months apart. You should only need the series once in your lifetime. Hepatitis A is now included in the standard immunization schedule for children, but this was not the case when you were an infant. If you are planning to travel to Central or South America, Asia, Africa, or any of the Eastern European countries, you should be immunized against Hepatitis A. Hepatitis A is transmitted through direct person-to-person contact and through exposure to contaminated food and water.

Each country has its own risks for certain preventable diseases, and the Centers for Disease Control (CDC) has a wonderful travel site where you can enter your country of travel, and they will give a chart of what vaccines are recommended or required. They also talk about different health and safety issues specific to the area that you might be traveling. So go to the CDC’s Travelers’ Health site, and then come back to read about where you might get these recommended vaccines along with an approximate cost. Some of these vaccines take six weeks to be effective, so you will need to plan ahead.

Continue reading on next page!

Article written by UWRF Student Health Services.
Be Wise, Part 2
Immunize!

There have been some changes in health insurance over the past few years. Whereas in the past most insurances covered the costs of travel vaccines, few cover them today. That being said, some insurance companies are still covering the cost of Hepatitis A, Polio, Hepatitis B, Meningococcal, and Tetanus since they are part of the childhood immunization schedule. You will need to take the initiative to find out which vaccines are covered and which ones you will be responsible to pay for by calling your insurance company. The River Falls Medical Clinic has all the vaccines but will require you to pay for the vaccines the same day you receive them. They offer a 20% discount when they collect the same day (which is very generous), but it is not always easy coming up with the cash or putting it on your charge card. We have made a list of some different vaccinations with notes of where they are available and approximate costs:

- **Influenza:** These are covered by Student Health Services at no cost for current UWRF students at the River Falls Medical Clinic (715-425-6701) as well as for around $30-$35 at most pharmacies and clinics in the area.

- **Tetanus (Tdap or Td):** This vaccine is paid for by Student Health Services at the River Falls Medical Clinic and Pierce County Public Health (715-273-6755 the first Tuesday of each month.)

- **Hepatitis B:** Most insurance should cover this vaccine. If no insurance, or if your insurance company does not cover this vaccine, you will want to check with Pierce County Public Health. They currently are charging $35 per shot for Hepatitis B.

- **Hepatitis A:** Some insurance companies are covering this vaccine. If no insurance, or if your insurance does not cover this vaccine, you will want to check with Pierce County Public Health. They currently are charging $28 per shot for Hepatitis A.

- **Polio:** Most insurance should cover this vaccine. As with the others, check with Pierce County Public Health the first Tuesday of each month if you do not have insurance or if it is not covered. They currently are charging around $30 per shot for the Polio vaccine.

- **MMR:** This vaccine is paid for by Student Health Services at the River Falls Medical Clinic and Pierce County Public Health (see phone numbers under Influenza and Tetanus).

- **Meningococcal:** Most insurance should cover this vaccine. Again, if you do not have insurance or if it is not covered, check with Pierce County Public Health. They currently have a limited stock and charge $120 for a Meningococcal vaccine. Student Health Services will cover the cost of the doctor’s visit at the River Falls Medical Clinic but not the vaccine cost. You will be expected to pay for the vaccine prior to your appointment which will be around $250.

- **Japanese Encephalitis:** Most insurance companies will not cover this vaccine. You can expect to pay around $240 per shot, and you will need three. As with the Meningococcal vaccine, Student Health Services will cover the doctor’s visit but not the vaccine.

- **Typhoid:** Most insurance companies will not cover this vaccine. You can expect to pay around $165 for the Typhoid vaccine. River Falls Medical Clinic carries it. An alternative to the shot is oral typhoid vaccine (pills). These work just as well as the shot, but doctors are sometimes reluctant to prescribe them because they must be taken exactly as directed. The oral typhoid vaccine costs $50-$65 depending on which pharmacy you choose.

- **Rabies:** Most insurance companies will not cover this vaccine. You can expect to pay around $440 for each Rabies vaccine. The River Falls Medical Clinic carries it, and the same rules apply as above. You need 3 shots for prophylaxis.

- **Malaria:** There are pills you may be prescribed to protect you against Malaria. These will vary depending on travel factors. They are usually reasonably priced. Discuss options with a doctor.

NOTE: The prices quoted are approximate. Generally, we rounded up to make even numbers. The prices at the River Falls Medical Clinic vary depending on how many immunizations you receive. Call Pierce County Public Health to check for availability and pricing. You need an appointment for both locations. Most of all, whether you are going or just planning to go someday, enjoy yourself and be safe.
How to use Hire-a-Falcon

Hire-a-Falcon is UWRF’s job board in which you can search for jobs (full-time, part-time, internships, and on-campus positions), as well as sign-up for interviews, have your resume reviewed, and more! It’s easy to complete your free account and begin searching for opportunities. Watch the video or visit Career Services for more information.

Click here for the Hire-a-Falcon tutorial video!!!