Reminders

• Housing sign-up phase 5 (All halls except Ames and South Fork Suites) 3/5-5/17
• Last day to withdraw from a course without a ‘W’ on transcript 3/7
• Last meal plan meal before Spring Break 3/14
• Session A classes end 3/14
• Spring break (halls remain open) 3/5-3/21
• Housing sign-up phase 6 (current-campus students) 3/21-5/17
• First meal plan meal after Spring break 3/23
• Third tuition payment due 3/24
• Last day to add Session B course without signature from instructor 3/14

Important contact information can be found here!
**Healthy Eating Options in Riverside Commons**

Sodexo’s newest marketing campaign, Mindful, is centered around healthy and flavorful food options in Riverside Commons. The goal of Mindful is to drive traffic to main entrée foods that are healthy. Item identifiers are the number one way to increase traffic to these healthier recipes. The identifiers are full-page print outs with the mindful logo, pictures of the food items and individual ingredients. Showing each individual ingredient is a way for us to be more transparent with our food offerings in Riverside Commons and allows cooks to use healthier ingredients. The cooks are also excited to showcase what they have put into the food and hope consumers will be more aware of the flavor complex that is being offered with each recipe.

Sodexo hopes to use Mindful to educate consumers of their choices when it comes to food. Go to Mindful.Sodexo.com for more information and look for more offerings with the Mindful logos in Riverside Commons.

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**Start Planning for Your Next Spring Break**

Think it’s too early to start thinking about next year’s spring break? It actually takes more planning than one may think. Spring break can be the opportune time to go on a Destination trip or to study abroad.

Become an engaged community member! Participate in the Destination Domestic Program over spring break in 2015. The Destination Program at UW–River Falls fosters engaged community members through education, direct service, and reflection. Each year Destination sends groups of students across the country to learn more about social issues, other cultures, and diverse perspectives.

**Things to know:**
- Applications come out every October and can be found on the Destination web page or at the Involvement Center Front Desk.
- Each year the social issues and sites change.
- Each trip costs $350. Your fees will cover transportation (to, from, and around your service city), lodging, meals during the week, housing fees, service site fees, and a t-shirt.
- Meals during travel weekends are not included.
- Destination is an alcohol free, service program.

**This year’s sites include:**
- Medici Project - Atlanta, GA
- Hope CommUnity Center - Apopka, FL
- Rebuilding Together - New Orleans, LA
- Living Lands and Waters - Memphis, TN

**Words from students/advisors who have participated in the Destination Program:**

- “Destination touches every part of your life, including your funny bone.”
  - Brianna Klaras, Graduated 2012
- “Destination challenged the way I think, the way I speak, and the way I see the world.”
  - Candace Anderson, Junior
- “Destination broadened my perspective.”
  - Andrew Sisulak, Graduated 2012
- “Destination helped me learn how I could be more involved in the River Falls Community.”
  - Melissa Johnson, Junior
- “I have made conscious life changes to be more in line with my personal values because of Destination.”
  - Ashley Olson, Advisor

**Interested in learning more? View this video done by a group of UWRF Digital Film and Technology students during the first Destination Domestic spring break trip in 2006.**

Please email any questions to StudentLife@uwrf.edu!
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 is 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. After every exposure, If you test positive for another STD you should also test for HIV since that puts you at higher risk.
- **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.

*Testing is only one part of the “responsible” thing to do. The other part is prevention or reducing risk factors.*

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 (i.e., anal, vaginal, or oral).
- **Vaccination**: Vaccines are safe, effective, and recommended ways 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 (715-425-8003) or the River Falls Medical Clinic (715-425-3293).

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

So, thinking about sunny beaches, tropical rainforests, ancient ruins, exotic foods and just getting away in general? Join the club. This is the time of year people living in this latitude start thinking about heading out for a break from the snow, cold, and grey skies.

If you are fortunate enough to be one of those folks who can actually go, there are a few things to consider. 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.

“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 and make sure it was 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 have 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.

Most students have not received 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 ever plan on traveling 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.

It is here that we are going to make you do some work.

Each country has its own risks for certain vaccine 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 you 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 and an approximate cost. Some of these vaccines take 6 weeks to be effective so you will need to plan ahead.

There have been some changes in health insurance over the past few years and whereas in the past most insurances covered the costs of travel vaccines very 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 by calling your insurance company. The River Falls Medical Clinic has all 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 for appointment) 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 (715-425-6701 for appointment) and Pierce County Public Health (715-273-6755 for appointment 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 (715-273-6755 for appointment the first Tuesday of each month). 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 company does not cover this vaccine you will want to check with Pierce County Public Health (715-273-6755 for appointment the first Tuesday of each month). They currently are charging $28 per shot of Hepatitis A.

• **Polio** 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 (715-273-6755 for appointment the first Tuesday of each month). They currently are charging around $30 per shot for Polio vaccine.

• **MMR** This vaccine is paid for by Student Health Services at the River Falls Medical Clinic (715-425-6701 for appointment) and Pierce County Public Health (715-273-6755 for appointment the first Tuesday of each month).

• **Meningococcal** 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 (715-273-6755 for appointment the first Tuesday of each month). They currently have a limited stock and charge around $120 for a Meningococcal vaccine. The River Falls Medical Clinic (715-425-6701 for appointment) does carry this vaccine and Student Health Services will cover the cost of the doctor’s visit but not the vaccine. 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. The River Falls Medical Clinic (715-425-6701 for appointment) does carry this vaccine and Student Health Services will cover the cost of the doctor’s visit but not the vaccine. You will be expected to pay for the vaccine prior to your appointment.

• **Typhoid** Most insurance companies will not cover this vaccine. You can expect to pay around $165 for Typhoid vaccine. The River Falls Medical Clinic (715-425-6701 for appointment) does carry this vaccine and Student Health Services will cover the cost of the doctor’s visit but not the vaccine. You will be expected to pay for the vaccine prior to your appointment. An alternative to the shot is oral typhoid vaccine (pills). These work just as well as the shot but health care providers are sometimes reluctant to prescribe them since they must be taken exactly as directed. The oral typhoid vaccine costs $50-$65 depending on which pharmacy you choose. The pharmacies generally do not keep this product in stock and will have to special order it for you.

• **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 (715-425-6701 for appointment) does carry this vaccine and Student Health Services will cover the cost of the doctor’s visit but not the vaccine. You will be expected to pay for the vaccine prior to your appointment. You need 3 shots for prophylaxis.

• **Malaria** There are pills that you may be prescribed to protect you against Malaria. These will vary depending on where you are going, what you will be doing and how long you will be gone. They are usually reasonably priced and there is often a choice of a less expensive drug. You will want to discuss this with the health care provider and check several pharmacies for the best price.

**NOTE:** The prices we 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 at each visit (the quotes were the higher charges). The prices at Pierce County Public Health are currently in flux so it is best if you call first to check availability and pricing. You need an appointment for both the River Falls Medical Clinic and Pierce County Public Health so make sure you call ahead. Most of all, whether you are going or just planning to go some day, enjoy yourself and be safe.

Article written by UWRF Student Health Services