

# "A Healthy Start to Your Student's Life at TLU"

Welcome to TLU! We know that incoming students and their parents have many questions about health and wellness issues. Hopefully this site will provide you with some answers.

## 1. Independence and Confidentiality Issues

Most freshmen are at least 18 years old. In Texas that means that they are now able to make all their own medical decisions and sign medical consents. Breaking confidentiality and releasing information without permission from a student is against the law. It is helpful for parents to understand that healthcare providers may not release information about the healthcare of their children to anyone without the student's signed consent.

If your student will be under 18 from move-in date on into the semester, you will need to check and "sign" the "Parent/Guardian Authorization" section of the Health Form. This gives your consent for your student to be treated by the nurse and doctor.

## 2. Pre-College Health Exam

A physical exam is required of all intercollegiate athletes before they arrive on campus. Cheerleaders and athletic trainers are included. Other students do not need to have an exam on file.

## 3. Immunizations

**Required: Meningococcal Meningitis vaccination is required by state law. All students under the age of 18 who are new, transfer or readmits are required to show proof of vaccination. See your admissions representative for details.**

- Current immunization for the following are recommended for all students:
- DTaP (Diphtheria, Tetanus and acellular Pertussis): Your student should get a booster if he or she has not had one within the past 10 years.
- Polio: The series should have been completed in childhood.
- MMR (Measles, Mumps, Rubella): Students should have two vaccinations.
- Hepatitis B: A blood-borne virus, considered to be a sexually transmitted disease, can cause inflammation of the liver, tiredness, nausea, vomiting, liver cancer and failure. The vaccination is given in a three-dose series over a six-month period.

## 4. Medical Records and Prescriptions

If your student has chronic medical problems, it is an excellent idea to have your primary health care provider send the health center a summary of their care, needed interventions, any restrictions on activity and medications used. If the problem involves a disability for which they will need accommodation in the classroom, you need to contact ADA coordinator as soon as possible. The ADA Coordinator, Florinda Correa, can be contacted at 830-372-7999 or mcorrea@tlu.edu

The TLU Health Center does not dispense prescription medications. There are several chain pharmacies (Wal-Mart, HEB, CVS, Walgreens). Unlike summer camp, your student is allowed to keep all their medications in their room. If they take an injectable prescription (i.e., insulin), they will need a regulation sharps container for disposable of used needles.

## 5. Health Care Facilities

The TLU Health Center is located in the Clifton Apartment, which is in Clifton Residence Hall (South Halls).

Guadalupe Regional Medical Center, with a 24-hour emergency room, is located on the East side of Seguin. EMS (911) is available for emergencies. Local physician referral line: 830.303.4846.

## 6. First Aid Supplies

Every student should have some basic health care supplies and equipment to deal with minor illnesses and injuries. Suggestions include:

- Band aids, acetaminophen, ibuprofen, medications for colds/allergies.
- Digital thermometer
- Chemical cold pack (to reduce swelling after a fall, for example)

## 7. Insurance

Proof of health insurance is required of only athletes and international students. The university does not offer an insurance plan to students.

## 8. Contacts

The university nurse, Cathy Anderson, RN, BSN can be contacted at 830-372-8068 or e-mail at [canderson@tlu.edu](mailto:canderson@tlu.edu).

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