IN CASE OF EMERGENCY
If you feel you or someone else needs immediate medical attention, please call Public Safety at 415 422-2911 if you are on campus or 911 if you are off campus.

People with hearing loss can use ip-relay.com to call and speak with an advice nurse using their computer.

Being Sick @ College

University of San Francisco
Health Promotion Services
www.usfca.edu/hps

After Hours

Pacific Family Practice  415-876-5762
1 Shrader Street, Suite 578
M thru F 5 to 9 PM Sat.10 AM to 4 PM
Students or their health insurance plans are responsible for all cost associated with their visits to the Pacific Family Practice.

Advice Nurse Hotlines:
Most health insurance plans provide a free advice nurse hotline. Check your insurance card for your toll free number. Here is a short list:

- Aetna: (800) 556-1555
  TDD: (800) 270-2386
- Anthem Blue Cross: (800) 224-0336
  TDD: (800) 877-8044
- Kaiser Permanente: (415) 833-2200
  TDD: (650) 742-2253
- Blue Shield: (877) 304-0504
  TDD: (800) 794-1099
- Health Net: (800) 675-6110
  TDD: (800) 995-0852
- United Healthcare 1-800-237-4936
- Cigna/Great West: (800) 564-9286

Business Hours

USF Student Health Clinic
2250 Hayes street, #504
415-750-5995.

Health Promotion Services
UC, Fifth Floor, 415.422.5797
Health promotion staff can assist you in finding a doctor, health insurance questions, and your general well being.

Center for Academic and Student Achievement (CASA)
UC, 3rd Floor 415.422-5050
CASA academic advisors can connect you to academic programs and personal resources on campus designed to support, promote, and encourage your success.
What do I do if I don’t feel well?

If you start feeling sick, you should slow down and focus on taking care of yourself. Being sick while you are away at college is different than being sick back at home. In college, you have many responsibilities and obligations that need to be addressed while you are not feeling well. If you live on-campus, there are a number of resources to support you while you get back on your feet.

Tips To Get You Feeling Better!

• Get plenty of rest. By resting, you give your immune system a fighting chance.

• Sleep more. Try to be in bed a little earlier than normal. Taking naps during the day is also a way of getting more sleep.

• Eat healthy and drink lots of water. Adding more fruits and juices to your diet will provide you with the needed vitamins and minerals to help you get over whatever it is ailing you faster.

• Ask your friend or your roommate to get you a box lunch from Bon Appetit if you have the meal service plan.

• Visit the USF Student Health Clinic. SHC is open during business hours and located at St. Mary’s Dignity Health at 2250 Hayes Street, suit #504. Call 415.750.5995 to schedule your appointment. Make sure you take your student ID card and health insurance card with you.

• Contact your professor. If you think you have to miss a class, email your professors to give them a heads-up.

• Contact your academic advisor if you are missing too many classes and your academics are suffering.

• Contact your classmates/friends to get their class notes so you can stay up to date on your studies.

• Check in with your RA or RD and let them know that you are not feeling well.

• Be a good citizen. If you are sick it is important to try not to spread your illness and be considerate of the people on your floor. To prevent germs from spreading:
  o Stay in your room
  o Wash your hands frequently
  o Don’t share cups, towels, or any personal items
  o Cough or sneeze in the crook of your elbow

• Wash your sheets, pillowcases, blankets, and bath towels because when you’re sick, those germs get caught in fabrics. Continuing to put your face on those germ-infested fabrics will keep you sick longer!