

HEALTH SELF-CARE KIT FOR COLLEGE STUDENTS



HEALTH SERVICES HOURS

Regular hours are 8 a.m. through 4:45 p.m., Monday through Friday. Students may walk in for service from 8 to 11 a.m. or they may schedule an appointment for 1 to 4 p.m., Monday through Friday. Urgent care needs are evaluated throughout the day.

For emergencies, Harpur's Ferry ambulance service is available. Call 607-777-333 or 911 from a campus telephone. This service is free to Binghamton University students. Three hospital emergency rooms and several walk-in clinics with evening and weekend hours are close to campus. Information on these resources is printed on the reverse of this sheet, as well as available on our website, in our after-hours telephone message, and in print in the vestibule of the Decker Student Health Services Center building.

To ensure a safe and healthy semester, please bring (and know how to use) the following products for self-care:

- digital thermometer
- humidifier
- ample supply of prescription medications
- extra inhaler if asthmatic
- copy of medical history
- copy of insurance card
- list of allergies
- hand sanitizer
- chemical ice pack
- sock filled with uncooked rice (to make a warm pack)
- acetaminophen or ibuprofen for management of mild pain and fever
- copy of prescription for corrective lenses
- glasses for contact wearers, in case contacts become damaged or lost
- antihistamines (Benadryl or non-sedating antihistamine)
- adhesive bandages (various sizes)
- 1% hydrocortisone cream
- antacids
- decongestants/cold medicines
- throat lozenges
- Imodium
- 4" ace bandage
- antibiotic ointment
- soothing tea
- ear plugs
- gauze pads
- adhesive/paper tape
- tissues
- ICE (In Case of Emergency) entry in cell phone

EMERGENCY AND AFTER-HOURS CARE

For emergencies, Harpur's Ferry ambulance service is available. Call 607-777-3333 or 911 from a campus telephone. This service is free to Binghamton University students. Three hospital emergency rooms are nearby, all within three to five miles of campus.

LOURDES HOSPITAL — 169 Riverside Drive, Binghamton, 798-5231

WILSON MEDICAL CENTER — 33–57 Harrison Street, Johnson City, 763-6611

BINGHAMTON GENERAL HOSPITAL — 10–42 Mitchell Avenue, Binghamton, 762-2231

*Note: It's a good idea when you get on campus to program the telephone number for Harpur's Ferry into your phone.

MINOR EMERGENCIES

If you need urgent (but not emergency) care when the Decker Student Health Services Center is closed, you may want to visit one of the urgent-care facilities in the area (cost of care at these locations is your responsibility).

LOURDES HOSPITAL'S EMERGENCY DEPARTMENT includes the Fast Track for minor emergencies. Fast Track is open every day from 10 a.m. to 1 a.m.

WILSON MEDICAL CENTER'S EMERGENCY DEPARTMENT includes Rapid Care for minor illnesses and injuries. Rapid Care is open every day from 11 a.m. to 11 p.m.

WALK-IN CLINICS

Walk-in clinics are appropriate for acute illness that isn't life threatening. Hospital emergency rooms should be visited for urgent, life-threatening conditions. Some walk-in clinics have X-ray, lab and suturing capability. Call the location first if you need special services.

UNITED HEALTH SERVICES WALK-IN CLINICS

United Health Services (which operates both Wilson Medical Center and Binghamton General Hospital) walk-in clinics may apply an "after hours" charge if you visit after 5 p.m. Monday through Friday or anytime on a weekend or holiday. This charge may or may not be covered by your insurance.

CLOSEST TO CAMPUS: Vestal 4401 Vestal Parkway East — 729-2144. Open every day, 8 a.m.–8 p.m.

Chenango Bridge 91 Chenango Bridge Road — 648-4151. Open every day, 8 a.m.–8 p.m.

Endicott 1302 E. Main Street— 754-7171. Open every day, 8 a.m.–8 p.m.

Owego 502 5th Avenue— 687-0350. Open every day, 8 a.m.–8 p.m.

PRIMARY CARE ASSOCIATES (LOURDES HOSPITAL) WALK-IN CLINICS

Binghamton 276–280 Robinson Street — 771-7234

Monday–Friday, 9 a.m.–8 p.m. • Saturday–Sunday, 9 a.m.–5 p.m.

Endicott 415 East Main Street — 786-1801

Monday–Friday, 9 a.m.–8 p.m. • Saturday–Sunday, 9 a.m.–5 p.m.

ENDWELL FAMILY PHYSICIANS WALK-IN CLINIC

Endwell 415 Hooper Road — 754-4433. Open every day, 9 a.m.–9 p.m.

CONTACT

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