These vaccines are specifically recommended for young adults ages 19 through 24:

**Meningococcal conjugate vaccine (MenACWY)** helps protect against bacterial meningitis and may be required for certain college students (requirements vary by state and college).
- First-year college students living in residence halls are recommended to be vaccinated with meningococcal conjugate vaccine. If they received this vaccine before their 16th birthday, they should get a booster dose before going to college for maximum protection.
- The risk for meningococcal disease among non-first-year college students is similar to that for the general population. However, MenACWY is safe and effective and therefore can be provided to non-first-year college students.

**Tdap vaccine** protects against tetanus, diphtheria, and pertussis, or whooping cough.
- A single dose of Tdap is routinely recommended for preteens and teens (preferably at age 11-12 years); however, adults 19 or older who did not receive Tdap as a preteen or teen should receive a single dose of Tdap. Tdap can be given no matter when Td (tetanus and diphtheria vaccine) was last received.
- Tdap is especially important for pregnant women and those in close contact with infants.

**HPV vaccination** HPV vaccine protects against the human papillomavirus (HPV), which causes most cases of cervical and anal cancers, as well as genital warts.
- Young women under age 27 and young men under age 22 should be vaccinated.

**Seasonal flu vaccine** protects against the three or four flu viruses that research indicates will be most common during the upcoming season.
- The flu can cause severe illness that may require hospital care, even in healthy adults
Flu vaccination can reduce flu illnesses, doctors’ visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

### Possible Vaccine Requirements at Sierra College:
- Hepatitis B vaccine
- Influenza vaccine
- MMR vaccine (Mumps, Measles, Rubella)
- TB clearance (PPD skin test or Chest X-ray)
- Tdap vaccine (tetanus)
- Varicella vaccine (chicken pox): not available at Sierra College Health Services.

### Testing Anxiety

Many students who take a test experience some level of anxiety. But some students cannot perform well on the test due to this test anxiety even though they know the material. However, there are things that each of us can do to alleviate this test anxiety.

**TIPS**

- Do not procrastinate on studying regularly.
- Reduce caffeine consumption.
- Get a good night’s rest before the exam.
- Eat a balanced moderate breakfast or lunch.
- Stay away from fellow students who get tense.
- Get to the exam room a few minutes early so you will have a chance to familiarize yourself with the surroundings.
- Answer the easiest questions first and mark difficult questions to go back to later.
- On essay questions make a brief outline instead of diving right in. Take a few minutes to organize your thoughts.
- Don’t put your whole future on the line with a single test.
- Learn to recognize the underlying causes of your anxiety. Think about why you become anxious. Recognize that some thoughts are negative and self-defeating. For each emotional, frightening thought, come up with a rational counter-thought.
- Practice relaxation techniques. If your mind is blocked by tension during an exam, close your eyes, take a long, deep breath, and then let it out slowly. Concentrate on your breathing and actually feel or hear yourself breathe.
- Certain activities or exercise can be helpful for anxiety such as yoga, meditation, tai chi, stretching, or listening to soothing music.
**Kognito**
Online training simulations about suicide prevention. www.kognito.com/ccc

**Avoid Harmful Substances**

Some college students have a lot of pressure to use alcohol, drugs, and cigarettes, especially when trying to fit in. College students commonly binge drink, which for men is defined as having five or more drinks, and for women, four or more drinks, on an occasion.

According to CDC (Center for Disease Control), alcohol and other drug use among young people are major public health problems in the United States. Substance use and abuse can increase the chances for fatal and nonfatal injuries, sexual violence, unintended pregnancy, and sexually transmitted diseases.

**Tips**
- Don’t drive or operate machinery after drinking alcohol or using drugs.
- Don’t ride in a car with a driver who has been drinking alcohol or using drugs.
- Avoid secondhand smoke. It is just as harmful as if you were smoking yourself.
- If you’re concerned about your or someone else’s use of alcohol or other drugs, ask for help from your parents, resident advisor, faculty advisor, or a health care provider or counselor at Sierra College Health Services.
- Don’t drink alcohol if there is any chance you could be pregnant.

**Maintain Your Mental Health**

Anxiety is a normal reaction to stress, and can help you deal with a tense situation, study harder for an exam, or keep your focus during an important speech. But if you cannot shake your worries and concerns, or if the feelings make you want to avoid everyday activities, you may have an anxiety disorder.

Everybody has the blues, feels anxious, or gets stressed at times. But depression is more than a bad day. Depression often goes unrecognized and untreated and may lead to tragic results, such as suicide. For youth between ages 10 and 24, suicide is the third leading cause of death. Suicide is a serious --but preventable--problem that can have lasting harmful effects on individuals, families, and communities.

**TIPS**
- Develop a support network of friends. Campus and extracurricular activities such as athletics and student clubs are great ways to meet new friends.
- If you have concerns about your study habits or coursework load, talk with teachers, counselors, family members, and friends for advice and support.
- Stay active. Regular physical activity can help keep your thinking, learning, and judgment skills sharp. It can also reduce your risk for depression, and it may help you sleep better.
- Visit your school or local health clinic, and discuss your concerns with a health professional. If the health professional advises treatment, follow instructions. Attend follow-up appointments to track your progress, and watch for side effects from any medications that may be prescribed.
- If you or someone you know is thinking about suicide, get help from a counselor or health care provider. Call the national suicide hotline at 1-800-273-TALK (8255).
Sexual violence (SV) is a significant problem in the United States. SV refers to sexual activity where consent is not obtained or freely given. Anyone can experience SV, but most survivors are female. The person responsible for the violence is typically male and is usually someone known to the survivor. The person can be, but is not limited to, a friend, coworker, neighbor, or family member.

If you or someone you know is a survivor of sexual violence and needs help, contact the National Sexual Assault Hotline at 1-800-656-HOPE (4673) or your local emergency service at 9-1-1.

**Symptoms:**
- Stuffy and runny nose, usual
- Sneezing, usual
- Sore throat, common
- Cough, mild to moderate
- Chest discomfort, mild to moderate
- Fatigue, sometimes
- General aches, slight

**Rare symptoms:** high fever, headache, and extreme exhaustion

**Treatment:**
- Antihistamine
- Decongestant
- Pain reliever
- Fever reducer

**Prevention:**
- Wash your hands often with soap and water
- Avoid close contact with anyone who have a cold

**Complications:**
- Sinus infection
- Middle ear infection
- Asthma

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**Cold vs. Flu**

**Symptoms:**
- High fever (100º –102ºF)
- Headache
- Chills
- General aches, severe
- Fatigue, lasts weeks
- Exhaustion, extreme
- Chest discomfort: severe
- Cough, severe and lasts several weeks
- Diarrhea and vomiting, sometimes

**Rare symptoms:** stuffy nose, runny nose, sneezing, and sore throat

**Treatment:**
- Antiviral: see your healthcare provider
- See your healthcare provider if you have chronic health conditions or you are very sick.

**Prevention:**
- Annual influenza vaccine
- Antiviral: see your healthcare provider

**Complications:**
- Pneumonia
- Can worsen chronic health conditions
- Can be life-threatening
- Complications more likely in the elderly, those with chronic health conditions, young children, and pregnant women

If you have symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

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**Call the following numbers for health and safety information:**
- Emergency 9-1-1
- CDC Health Topics (Immunizations, STDs, and more) 800-CDC-INFO (232-4636)
- Find Substance Abuse and Mental Health Treatment 800-662-HELP (4357)
- National Domestic Violence Hotline 800-799-SAFE (7233)
- National Suicide Prevention Lifeline 800-273-TALK (8255)
- National Sexual Assault Hotline 800-656-HOPE (4673)
Rocklin Campus
Health Services is located in the Winsted Building L-183
Phone: (916) 660-7490
Hours: Monday - Friday: 8:00 a.m. - 5:00 p.m.

If you are more than 10 minutes late for your appointment, you will need to reschedule.

Nevada County Campus
Located in Building N3
Phone: (530) 274-5317
Hours: Monday and Thursday: 8:30 a.m. - 12:00 p.m. and 12:30 p.m. - 3:00 p.m.

By law, a student must be actively attending classes to be eligible for services at the Health Services.

Please make an appointment with our office to allow us to schedule enough time for your evaluation and treatment.

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Mission Statement
We strive to optimize the health and well being of the college population through the provision of quality, accessible health care in a cost effective and efficient setting. Our health professionals are available as physical, emotional, and educational resources for the campus community.

We emphasize health education, prevention, and early intervention to maintain a safe and healthy learning environment. We are dedicated to the development of innovative programs to accommodate your health care needs.

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Family Planning, Access, Care & Treatment (FPACT) is a state and federally funded family planning program designed to create universal coverage for low-income men and women.

FPACT is available through Sierra College Health Services for those who qualify.

Family PACT provides free, confidential services for birth control and sexually transmitted infections.

For more information on FPACT: http://www.familypact.org/Clients/what-is-family-pact