



MOUNTIE HEALTH NEWS & YOU



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Explore this newsletter and learn more about Student Health Services, along with our upcoming events!

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Welcome Back, Students!

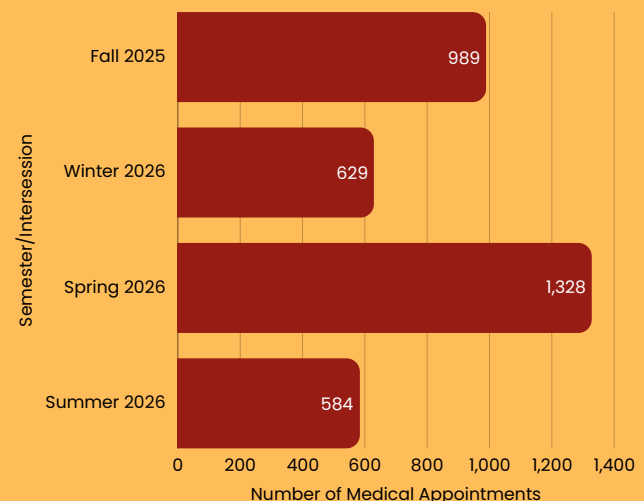
A new Fall Semester is here, and Student Health Services is excited to welcome you back to campus! As you settle into a new academic year, remember that your health and well-being are an important part of your success.

A Year in the Life of Student Health Services

Behind every number is a student who was helped at *The Student Health Center - The Doctor's Office on Campus*. Last year, we provided **3,530 medical appointments**. Here's a quick look (see bar graph at right) at the volume of students we served in the clinic, by each semester and intersession, for the 2025-26 academic year.

As we look ahead to another year, we're here to make accessing medical care simple, convenient, and student-centered. Whether you need an appointment, health resources, or just have a question, Student Health Services is here to support you. Here's to a healthy, successful, and rewarding Fall Semester!

Numbers at a Glance Medical Appointments at The Doctor's Office on Campus



Student Health Services 101

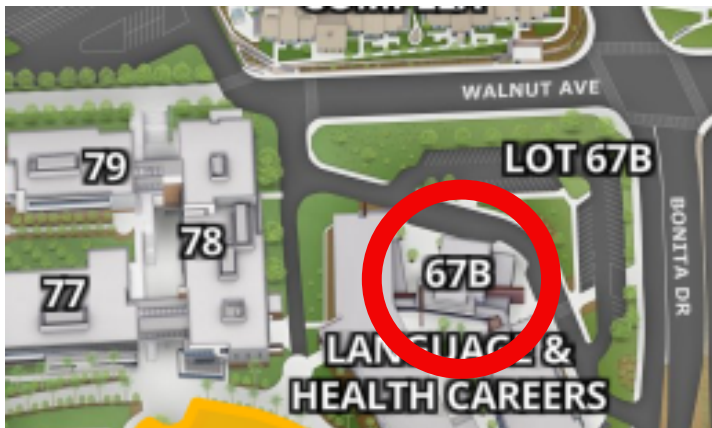
We would like to welcome you all to a new semester filled with plenty of fascinating health education and fun events. In this issue, we will highlight the importance of flu prevention and vaccination and share helpful tips for managing seasonal allergies that commonly begin in spring and continue through fall. There's also a sneak peek into the engaging health events we have planned for you!

Student Health Services 101: Get to Know Us!

Student Health Services, also known as "The Student Health Center - The Doctor's Office on Campus," believes in fostering a healthy campus environment, ultimately contributing to improved academic performance and personal development.

Who can receive services at the Student Health Center?

Credit students are eligible for medical services when they have paid their health fee for the current semester or intersession and are enrolled in and actively attending a minimum of one (1) credited course, of any number of units.



Where is the Student Health Center located and how can we be reached?



Building 67B - 140



Hours of Operation

Monday-Thursday: 8:00am to 6:00pm
Friday: 8:00am to 4:30pm



(909) 274-4400



StudentHealth@mtsac.edu

What services are offered at the Student Health Center?

Our team, ready to serve and assist you, consists of licensed health care professionals: our physician, nurse practitioner, registered nurses, medical assistants, health educator, mindfulness and meditation facilitator, administrative specialists, and our director. We evaluate and treat many common illnesses and conditions, and even offer well-patient visits for students who are in a state of good well-being but are looking to maintain or further improve some areas of their health. Students can simply schedule a medical appointment to access our wide range of free and low-cost services, as well as receive guidance and connections within the local communities.

SERVICES

MORE SERVICES AVAILABLE - JUST ASK US!



First Aid Care
FREE



Prescription Medications
\$ FEES APPLY



Illness and Infection
FREE



Pregnancy Test, Plan B,
Birth Control Pills
\$ FEES APPLY



Injury
FREE



Blood and Urine Tests
\$ FEES APPLY



Health Screening
(Diabetes, Cholesterol)
\$ FEES APPLY



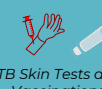
Temperature,
BP Check
FREE



STI Testing
(Chlamydia, Gonorrhea)
\$ FEES APPLY



General Medical
Consultation
FREE



TB Skin Tests and
Vaccinations
(Tdap, Hepatitis B)
\$ FEES APPLY



Male Condoms
FREE

STAY HEALTHY THIS FLU SEASON

OUR SERVICES INCLUDE:

- **Basic medical care:** Evaluation and treatment for common illnesses and minor injuries, such as skin rashes, pink eye, strep throat, urinary tract infections, and ankle sprains. Medications can be prescribed as determined by the provider.
- **Preventive care and well-patient visits:** Free or low-cost health screenings for diabetes, cholesterol, blood pressure, tuberculosis, and reproductive health, such as testicular and breast exams, and well-woman exams, including pap smears.
- **Confidential sexual health services:** Sexually transmitted infection (STI) testing, birth control pills, Plan B, and FREE condoms and oral dams. A licensed medical provider is available to educate on birth control options and general health concerns for men's and women's health.
- **Substance use support and safety tools:** FREE Narcan nasal spray, FREE fentanyl test strips, FREE spiked drink drug testing kits, education and support to quit smoking, vaping, and alcohol use.
- **Instructional programs support:** Departmental and classroom presentations, orientation to physical examination requirements for Mt. SAC programs, Child Development course clearance checklists, TB and vaccine requirements for transfer students.
- **Health education:** 1:1 consult with medical provider or nurse, campus health events, connecting with on-campus and off-campus resources, newsletters, and health literature.

No one enjoys getting the flu. It can leave you feeling miserable and cause you to miss classes, work, or other important activities. The good news is that getting an annual flu vaccine is one of the best ways to protect yourself and those around you.

Flu season typically runs from October through May in the United States, with peak activity between December to February. The updated flu vaccine is available each year, typically beginning in August, and is recommended for everyone six months of age and older, unless otherwise advised by their healthcare provider. It takes about two weeks after vaccination for your body to build protection, so getting vaccinated early can help you stay protected throughout the flu season.



**SCAN QR OR USE LINK BELOW
FOR MORE FLU INFORMATION**

ph.lacounty.gov/ip/diseases/flu/index.htm

In addition to getting vaccinated:

- Wash your hands regularly with soap and water.
- Cover coughs and sneezes with a tissue or your elbow.
- Stay home if you are sick to help prevent the spread of illness.
- Clean and disinfect frequently touched surfaces.

If you have questions about the flu vaccine or want to make sure you are up to date on your vaccinations, talk with a medical provider or nurse at the Student Health Center.

Source: Centers for Disease Control and Prevention

TIPS FOR GETTING THROUGH ALLERGY SEASON

Seasonal allergies, or hay fever, often cause sneezing, congestion, a runny, itchy nose, and itchy or watery eyes. These symptoms, ranging from minor to aggravating, typically flare up during spring and fall when pollen levels rise. Pollen are the grains or tiny seeds of flowering plants, trees, and grasses. Similar symptoms can also occur with year-round allergies triggered by pet dander, mold, and dust. A few simple steps can help reduce exposure and ease seasonal symptoms:

Limit Pollen Exposure

- Shower after being outside to remove pollen from your skin and hair.
- Change your clothes after being outdoors.
- Check the daily pollen count when planning outdoor activities.
- The National Allergy Bureau (NAB) provides the most accurate and reliable pollen and mold levels throughout the United States.



Ways to Reduce Indoor Triggers

- Use an air purifier with a HEPA filter in bedrooms and main living areas.
- Be certain your air conditioner or HVAC system has new or clean filters every season.
- Keep windows closed during pollen season.
- Dust with a damp cloth to prevent allergens from becoming airborne.
- Vacuum carpets, rugs, and floors regularly, using a vacuum with a HEPA filter.
- Use allergen-proof covers for pillows and mattresses.

A Breath of Relief

Allergy seasons can be challenging, and symptoms can vary from person to person. A few mindful habits at home and while outdoors can make an impactful difference in managing your allergy symptoms.

If you have any additional questions or would like to discuss other options, schedule a visit at the Student Health Center to talk with a medical provider or with your primary care provider.

Source: American Academy of Allergy, Asthma, and Immunology; Centers for Disease Control and Prevention.

Scan the QR or use the link below for more information:



<https://www.aaaai.org>