Quick Notes from the Health Center

The time is upon us!
It is hard to believe in just under a month you will be dropping off your Trinity student.

Meningitis Vaccine requirement
The State of Connecticut requires by law every student living on a college campus be vaccinated against meningococcal meningitis. Trinity mandates a dose be given after the 16th birthday and has secured doses in order to meet the requirement. If you still need the vaccine, please call us 860-297-2018 and reserve a dose for your student. We will give the shot at the Health Center table during the check-in process.

Required Medical Forms (Immunizations & Physical, Consent form & History)
Forms were due 7/31/11. Please make arrangements for late submission by emailing Jeannette.Gomez@trincoll.edu if not already submitted. Emails were sent from our office if the packet was incomplete or not acceptable. Please contact us with any questions.

Insurance requirement-waiver
I urge you to visit our website www.trinitycollegehealthcenter.com to do one of two things; either ENROLL in the insurance policy, or WAIVE the policy by providing us information about your coverage from home. Everyone must visit the website and do one of these two options each summer.

Come Prepared for common illnesses
Also, a note about preparing your student for arrival, please help them be prepared as possible by bringing the following personal care items needed to help with common illnesses.

1) Copy of home insurance coverage (wallet card)
2) Thermometer - (non-mercury) digital oral models are widely available and inexpensive.
3) Pain reliever (Tylenol or Advil) to treat pain and fevers.
4) Cough medicine, cough drops and throat lozenges.
5) Decongestants for sinus pressure, stuffy nose and ears
6) Antihistamines/Sleep aid (Benadryl)
7) Nausea/vomiting agent/antacid – (Pepto Bismol/Milk of Magnesia/TUMS)
8) Wash cloths for soaking areas or heating injuries.
9) Cold Packs/Hot Packs reusable ones are most helpful.
10) Bandages/Band-Aids
11) Cut cleanser (hydrogen peroxide, Bacitracin)
12) Dental Floss
13) Tweezers

Please feel free to call the Health Center with concerns about your student’s health at any time. 860-297-2018.

Martha Burke O’Brien, APRN, BC
Director of Student Health Services