"Wellness must be a prerequisite to all else.
Students cannot be intellectually proficient if they are physically and psychologically unwell."
-- Ernest Boyer

The following diagnoses were the most common on campus within the last year:
- Gastroenteritis (caused by virus or bacteria, preventable by effective handwashing)
- Pharyngitis (viral or strep, preventable by effective handwashing and covering your cough)
- Conjunctivitis (viral or bacterial, preventable by effective handwashing)
- Otitis Media (ear infection, almost always preceded by URI - upper respiratory infection, preventable by effective handwashing)
- Cough and/or Bronchitis (viral or bacterial, preventable by effective handwashing and covering your cough).

Almost every illness we see at the Health Center is spread across campus through hand-to-hand contact. These illnesses range from gastro-intestinal upset to colds to influenza to strep throat to mononucleosis to pink eye to meningitis. The germs may be spread through coughing or sneezing, but more often, you can contract a virus by touching hands, or by touching a hard nonporous object like a telephone, a doorknob, or a computer keyboard shortly after an infected person touched it.

If you touch your eyes, or your nose, or your lips, you have just exposed yourself to the virus, so wash your hands!

We hope you do not get ill, but if/when you do, the Health Center at Saint Liam Hall is available to help you. Professional nurses are available 24/7 to assess and in many instances, begin treatment for the most common illnesses on campus. Physician appointments are available Monday thru Friday from 9am – 4:30pm. Call 574.631.7497 for questions or to make an appointment.

More information about University Health Services is available at http://uhs.nd.edu/.