

"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/>.

More information about specific health topics is available at  
<http://uhs.nd.edu/html/info.htm>.