

## Emergency Assistance

### If I am injured, how do I get help from the Health Services Center?

If you are seriously injured or ill and unable to go to the Health Services Center while on the Garden City campus, **dial 5** from any campus phone or **516.877.3511** and a public safety officer will bring one of the medical staff to you.

### If I don't have the University insurance plan, can I still be seen at the Health Services Center?

Yes. All registered Adelphi students can be seen at the Health Services Center at the Garden City campus for free.

## Emergency Assistance

If you suffer a life-threatening reaction (anaphylaxis) to any foods or insects (such as bees), please be sure to bring your epinephrine pen to campus with you. If you use your pen, the Health Services Center nurse practitioners can order replacements for you through your insurance.

## Residence Halls

Helpful items for resident students to have on hand include:

- Acetaminophen (e.g., Tylenol®)
- Bandages (e.g., Band-Aid®)
- Feminine hygiene products
- Humidifier
- Ibuprofen (e.g., Advil®)
- Sunscreen
- Thermometer
- Throat lozenges
- Tissues

## Contact Us

### Health Services Center

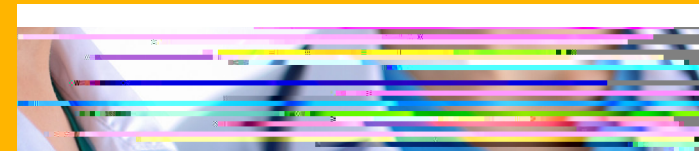
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Visit [www.adelphi.edu](http://www.adelphi.edu) for more information about Adelphi University and the Health Services Center.



## Location

Adelphi University's Health Services Center is conveniently located midcampus in Waldo Hall. The center is under the direction of a nurse practitioner. Registered nurses or emergency medical technicians are available Monday through Thursday, 24 hours a day, and until 8:00 p.m. on Fridays, when classes are in session during the fall and spring semesters. During the summer and semester breaks, the center is open from 8:00 a.m. to 4:00 p.m., Monday through Friday. Our services are available to all registered students.

## Benefits of Health Services Center

The Health Services Center provides multiple avenues of health education and awareness to the University community. The center has the interest and desire to listen to what you are saying. Feel free to ask the staff about any health concerns you have; all information will be handled confidentially. The center's staff is a team whose primary job is to serve the campus community's health needs.

## Services

The Health Services Center offers many services, such as:

- Nurse practitioners trained in primary and urgent care
- Routine gynecological care
- Clearances for student-athletes
- Registered dietitian for consultation by appointment
- Emergency response to accidents or injuries on the Adelphi campus
- Referrals to other healthcare professionals or community organizations for nonemergency concerns, as appropriate
- Peer educators who provide programs of interest and need to the campus population

## Health Portal

Students can view their electronic health records by adding the Health Portal to their eCampus account. The portal provides access to information regarding your immunizations, self-scheduling visits at the Health Services Center, secure messaging and required health forms. You can also view this through the mobile AU2GO app.

## Insurance

Any Adelphi student, undergraduate or graduate, who is currently registered may purchase the Adelphi University Accident and Health Insurance policy. All