Welcome back to campus! We hope that you have had a relaxing break. New students, if you have not done so already, please complete all the new student requirements and submit a hard copy of your immunizations. All health requirements are completed online in the Secure Student Health Web Portal, myhealth.salisbury.edu.

**Tips for a Healthy Start to the Semester**

There is widespread influenza activity in Maryland, as well as most of the country. It is not too late to have a yearly influenza vaccine. Most pharmacies offer the vaccine at no cost with most insurance companies. Student Health also has the vaccine for $20.00.

Do not neglect your sleep.

Eat a well-balanced diet with plenty of fruits and vegetables. Berries are rich in antioxidants and high in fiber.

Exercise is a great way to reduce stress and lowers your risk of developing many diseases.

Wash your hands frequently or use hand sanitizer. Cough into your sleeve, and keep yourself well hydrated.

If you find yourself getting sick, please schedule an appointment in our office to be evaluated. Appointments can be made online on the Secure Student Health Web Portal, myhealth.salisbury.edu.

Please call our office if you do not see an appointment time available. There is always a nurse available to talk to you and help you schedule an appointment. Students that are extremely ill, and feel that they are experiencing a medical emergency should call 911 and go to the nearest emergency room, which is Peninsula Regional Medical Center.

Student Health Services routinely monitors the CDC as well as the Maryland Department of Health and Mental Hygiene for disease outbreaks.

And finally, our most important tip, go to Class!