



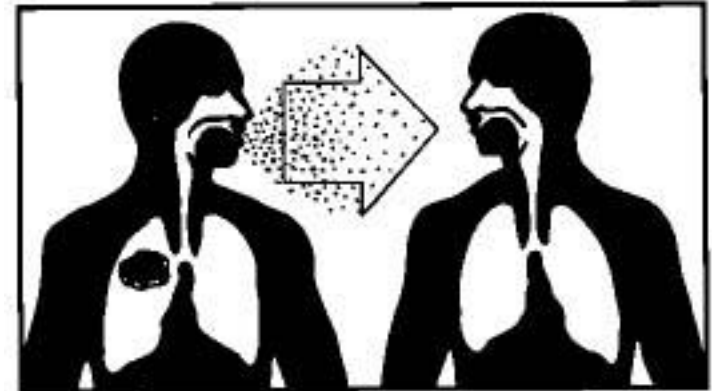
Welcome to CSU



Welcome
 Willkommen!
 ようこそ
 Bienvenido
 Welkom
 Bem-vindo
 欢迎
 Välkommen
 Benvenuti
 환영

TB testing

- Tb skin testing is required of all international students
- TB or tuberculosis is a lung disease that can be fatal
- It is spread in the air from an infected person
- Performed in HWS for \$10.00
- A positive skin test will require a chest Xray



TB Testing

- A positive test DOES NOT mean you have TB
- Once you get the test at the Health and Wellness Center you have to return to have your arm looked at within 2-3 days. If you fail to return, you will have to repeat the test and pay another \$10 fee. A hold may be put on your account so it is best to get this test done as soon as possible

How to survive in Cleveland

- First of all, stay **SAFE**:
 - Be mindful of your surroundings
 - Keep doors locked
 - Walk in groups
 - Use the escort service provided by CSU
 - 216-687-2020



How to stay healthy

- Get adequate rest. Being tired makes you more susceptible to getting sick
- Eat healthy foods. Use fast food in moderation
- Consider taking vitamins to boost your immune system
- Wash your hands **FREQUENTLY**



The party scene

- Use caution when attending parties
- Do not accept drinks from strangers
- Never leave a drink unattended. People use date rape drugs in drinks
- Go in a group and leave in a group
- Trust your instincts
- Don't give out personal information to strangers (phone #, address, etc.)
- The legal age for drinking is 21 in the US



Safer sex



- Even though it seems like everyone in the USA is having sex (from movies and TV), this is **UNTRUE**
- Many people abstain
- Being a “virgin” is a personal choice and is OK
- If you decide to have sex make sure that you are aware of the risks:
 - Pregnancy, sexually transmitted diseases like HIV, gonorrhea, chlamydia, herpes, etc.

Safer sex

- No sex is safe
- Condom use will only help to prevent diseases and pregnancy
- Condoms offer little or no protection from herpes and human papilloma virus (causes cervical cancer)
- Condoms are not perfect
- Condoms are available for free at HWS



What do I do...

If the condom breaks?

If I have unprotected sex?



Call H&WS for an appointment to be tested for STI's &.....




the
**MORNING
AFTER**
pill

- Available at Health Services
- Must be taken by the female within 72 hours of contact
- Average cost is \$16 - \$21
- Call for “same day appointment”



Your homework !!

- Get at least 8 hours of sleep every night
- Eat breakfast every morning
- Do something fun everyday
- Exercise daily
- Stop smoking 
- Visit Health Services if you get sick
- Have a great year!

