IOWA STATE UNIVERSITY
Thielen Student Health Center

2647 UNION DRIVE
Corner of Sheldon & Union
Across from State Gym

CLINIC HOURS
MONDAY 8 am - 6 pm
TUESDAY 8 am - 5 pm
WEDNESDAY 9 am - 5 pm
THURSDAY 8 am - 5 pm
FRIDAY 8 am - 5 pm
SATURDAY 9 am - noon

PLEASE CALL TO MAKE AN APPOINTMENT

To schedule an appointment call (515) 294-5801. When you call for an appointment, please be specific about your needs so that we can schedule you with the appropriate healthcare provider and an appropriate amount of time.

BASIC FIRST AID
AND OTHER HELPFUL INFORMATION FOR COLLEGE STUDENTS

515-294-5801
FREE MEDICAL ADVICE 24/7

Accredited by

CycloneHealth.org
ALCOHOL POISONING

Signs and symptoms of alcohol poisoning:
- Confusion
- Coordination loss
- Vomiting
- Seizures
- Pale skin (or blue-tinged)
- Low body temperature
- Slow breathing (or irregular)
- Stupor (conscious but unresponsive)
- Unconsciousness

WHAT TO DO
- Keep them awake and sitting up
- Give them water
- Keep them warm
- Lay them on their side (recovery position) if they have passed out
- Check if they are breathing properly
- Stay with them and monitor their symptoms

WHAT NOT TO DO
- Don’t leave them to sleep it off
- Don’t give them coffee
- Don’t make them sick
- Don’t make them walk around
- Don’t put them under a cold shower
- Don’t let them drink any more alcohol

Better safe than sorry is the rule for alcohol poisoning. If you have any doubts, dial 911 for an ambulance.

HYPOGLYCEMIA (LOW BLOOD SUGAR)

Symptoms can develop quickly, look for the following:
- Excessive thirst
- Frequent urination
- Nausea and vomiting
- Abdominal pain
- Loss of appetite
- Weakness or fatigue
- Shortness of breath
- Sweet smelling urine
- Fruity smelling breath
- Confusion (this can appear to look like they have been drinking)

WHAT TO DO
- Call 911 if person is lethargic, confused or unconscious
- Check their blood sugar level
  - If it is low, have them eat or drink (juice or regular soda, 3-5 pieces hard candy, or 3-4 glucose tabs)

If you are a Type 1 or Type 2 diabetic, always wear a medical bracelet or necklace, have it entered into your cell phone for “ICE” information and always tell your friends, so that they can help you appropriately if need be.