

UAB Health Education

STUDENT HEALTH SERVICES

STAYING HEALTHY WILL LEAD TO ACADEMIC
SUCCESS: TIPS ON HOW TO STAY HEALTHY IN
COLLEGE



UAB Student Health Services (SHS)

Fall 2023

Welcome Blazers! This is an exciting time as you prepare to either begin or continue your educational journey here at UAB. SHS has created a list of tips to help:

1. Get vaccinated and wash your hands frequently!

- Get your seasonal influenza vaccine ("flu shot")- Available now at Student Health!
- Get up to date on your COVID Bivalent vaccine- Available at Student Health!
- Make sure you are up-to-date with all required vaccines, defined on the SHS website at insert (<https://www.uab.edu/students/health/medical-clearance/immunizations>), and all are available at SHS

2. Make sure you have where you stay:

- A thermometer
- Common fever/pain reducers like Ibuprofen and Acetaminophen
- Other over the counter or prescription medications you typically use

3. Remember to feel your best:

- Eat a balanced diet
- Stay hydrated
- Exercise at least 150 minutes a week
- Sleep 7-9 hours a day
- Make time for self-care and relaxation every day

4. Schedule a check-up with Student health Services to ensure you're up-to-date on all preventive care and any prescription refills if needed

- You can make an appointment at insert (<https://www.uab.edu/students/health/getting-started/appointments>)