

The Outhouse

News you can use
When you gotta go...

Issue 3 - August 31, 2020
Shannan Breault, Editor

Signs of an Alcohol Overdose

- Mental confusion, stupor
- Difficulty remaining conscious, or inability to wake up
- Vomiting
- Seizures
- Slow breathing (fewer than 8 breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Slow heart rate
- Clammy skin
- Dulled responses, such as no gag reflex (which prevents choking)
- Extremely low body temperature, bluish skin color, or paleness

**If you see any of these signs,
call UPD - 911 immediately!**

FLU CLINIC

Friday, September 18

12pm - 3pm

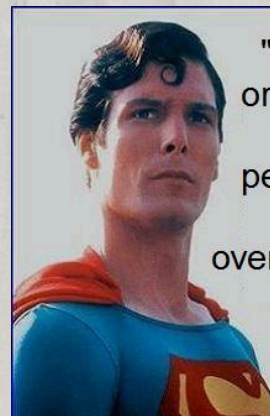
Bouck Patio

BRING YOUR INSURANCE CARD!

Masks...

Not Just For Superheros

I've heard all the arguments ~ masks are uncomfortable and inconvenient. They give us "maskne". Whatever the excuse...the reality is that wearing your mask can help prevent the spread of COVID-19 by limiting the number of viral droplets that travel to others when you speak, cough, sneeze, or sing. So it's not really what you're doing to protect yourself, it's about doing your part to protect those around you. Be a superhero!



"I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles..."

- Christopher Reeve (1952-2004)

360° OF WELLNESS
WELLNESS CENTER SERVICES



The Wellness Center

Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday - Friday 8:00a.m. - 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) - 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Director Lynn Ontl at 518-255-5225

