



College Students with Type I Diabetes

- Get to know our nurse practitioners. The Student Health Center is open Monday through Friday from 8:30am to 4:00pm and is located across from the Blue and Gold Dining Commons. Care is free of charge. We are staffed by full-time nurse practitioners and work in collaboration with two local family physicians.
- Inform RA and roommate of your illness so that they may help you in an emergency.
- Wear an ID bracelet/necklace at all times to avoid confusion of being intoxicated.
- Have a covered container available for used syringes; bring to Student Health for disposal. Specific “sharps container” are available in drug stores.
- Have extra meds & syringes on hand.
- Have a quick source of glucose handy like honey, fruit juice, or syrup.
- Local pharmacies: **Rite Aid** (Shoppes at LaSalle) 215-438-4695,
CVS (Broad and 66th) 215-924-1633
- If you need a local doctor while at college, Student Health can help you find one.
- If you are drinking, be aware of the effect alcohol has on your blood glucose. Eating carbs will help prevent your glucose from dropping in the hours after drinking.
- Know how to access “after hours help” - call your RA or Security at 215-951-1300.

EMERGENCIES

- Einstein Hospital is the closest ER for emergencies; located at Broad and Olney.
- La Salle’s Security officers will transport you there.
- Do NOT call 911 from your cell or dorm as your location or building is not specified. Call Security at 215-951-1300. They will call and meet emergency responders and direct them to your location.
- Find additional resources for students with diabetes at www.collegediabetesnetwork.org

Any other questions, please reach out to one of our nurse practitioners who will be happy to discuss your condition further.