



## Asthma Information for Incoming Students

Starting college marks the beginning of adulthood and may be the first time you are living independently. This transition and new environment may pose some special challenges, especially if you have asthma and allergies. With a little planning, students can successfully transition while taking a more active role in managing their health and keep medical visits to a minimum.

We at the Student Health Center would like to offer some tips for the college-bound:

- If you have developed an asthma action plan with your family doctor or allergist, bring a copy of it with you.
- Keep your prescriptions filled and up-to-date. **Bring your rescue inhaler, nebulizer, and allergy medicine with you to college.**
- Inform your RA and roommate of your illness so they may help you if needed.
- Know your allergy/asthma triggers (seasonal irritants, smoke, illness, exercise, perfumes, scented candles, etc.) and avoid or manage your exposure. Know your symptoms.
- Make sure you get a **flu vaccine annually** since those with asthma are at a higher risk for flu and its' complications. Rite Aid, Shoppes at LaSalle, is the closest pharmacy to La Salle and does provide flu vaccine through your health insurance.
- Allergy injections are not given at the Student Health Center, but we can provide a referral for local allergists if needed.
- Take allergy medicine at the beginning of allergy season to prevent allergy and asthma exacerbations.
- Seek medical assistance if you are having difficulty managing your symptoms or do not feel well.
- The Student Health Center can be reached at 215-951-1565. We are open Monday through Friday from 8:30am to 4:00pm and are 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.
- Local pharmacies: **Rite Aid** (Shoppes at LaSalle) 215-438-4695,  
**CVS** (Broad and 66<sup>th</sup>) 215-924-1633
- You can access "after hours help" or the Student Health Center staff by calling your RA or La Salle Security (215-951-1300).
- Emergencies: Einstein Hospital is the closest hospital for emergencies. LaSalle's Security will provide transportation. Do not call 911 from a cell phone or dorm. Call Security first who will then meet fire rescue and bring them to you.

**Taking control of your health will help you manage your asthma  
and may give your parents peace of mind.**