

MyShockerHealth Newsletter

March 10, 2025

Issue 2



Student Health Services

For all your healthcare needs



It is finally March.....Are we done with snow yet?

We have some great healthy advice in this issue:

- **Prepare for Spring Break: travel & parents**
- **Measles in Texas**
- **Springtime Allergies**
- **WSU Employee Corner:**
 - **Taking Breaks at Work**
 - **Use your Healthquest benefits**
- **Over-the-Counter Medications at Student Health**

Links to the most current newsletter will be posted through WSU newsletters, social media. and our website, [**www.wichita.edu/shs**](http://www.wichita.edu/shs) Enjoy!

For content requests: [**student.health@wichita.edu**](mailto:student.health@wichita.edu)

Measles Outbreak

Measles is a viral infection that is easily treatable and preventable. The measles cases in Texas and other states are primarily occurring in unvaccinated individuals. Because the virus is highly contagious - about 90% of **unvaccinated people will contract** the virus if exposed.

If you are looking for measles vaccinations, Student Health provides the MMR vaccine series which is usually free with your health insurance benefits. Or, look for access close to you:
<https://www.vaccines.gov>.



Do you have watery eyes, runny nose, sneezing and sore throat? Could be Springtime Allergies!

Good article on using Over-the-Counter and Prescription Allergy treatments treat symptoms. Before starting medications for symptoms, talk to your doctor or make an appointment at Student Health Services!



Spring Break Travel Tips

Students are getting ready for Spring Break and while traveling makes for great memories, make sure you.

Know your resources!

Student Health can prepare you for Spring Break or treat you for symptoms or exposures upon return. Our healthcare providers can help manage symptoms and treatment for any situation: unprotected sex, alcohol binge drinking, too much sun exposure, food poisoning and more.



Spring Break Parent Tips

Parents! Check out this list of Spring Break Camps and Activities for Kids in Wichita. Find fun opportunities for your kids on the Wichita Mom website

DID YOU KNOW?

Did you know that Student Health Services pharmacy and the myShockerhealth Wellness-to-Go vending machine each sell over-the-counter medication to WSU students and employees? Items such as Claritin, Allegra, and Zyrtec (Cetirizine) are available to purchase.



Employee Wellness Corner

WSU Employee Well-person Exams with required labs will be available, by appointment only at Student Health Services, beginning April 1, 2025! Stay tuned for more information!

Are you looking for some free health education along with obtaining your health insurance premium discounts? Don't forget your WSU HealthQuest resource page and all of the programs and webinars available to you as a WSU benefit-eligible employee:

<https://www.wichita.edu/healthquestservices>