

Immunization Record

It is recommended that new students ensure their vaccinations are up-to-date. Bring your immunization records to school with you.

Diphtheria, Tetanus and Pertussis: Given at school entry 4-6 yrs.

Tetanus/Diphtheria: Booster every 10 years

Hepatitis B: Series of three injections over the course of six months (offered to grade 7 students in Ontario and some other provinces).

Measles, Mumps and Rubella: Two injections, one at one year of age and a booster dose with **Varicella** at four to six years or later.

Influenza immunization: Flu shot; given annually for optimal protection. HCS offers clinics in fall.

TB screening: A test for exposure; not an immunization.

HPV: All female Gr.8 students receive 3 doses

You should also discuss **Meningococcal and HPV(for males)** vaccines with your family physician.

Health Promotion Services

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Educators
- Website (carleton.ca/health)
- Workshops

The Health Promotion Team promotes healthy lifestyles and wellness. They can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or you can email them at carletonwellness@gmail.com.



2600 CTTC Building
613-520-6674
carleton.ca/health

Health ^{and} Counselling
SERVICES
Carleton University



Your on-campus
health and wellness
centre

Medical Services

Health Insurance

All students must carry their health insurance cards with them at all times.

The charge for your visit is billed directly to your home province insurance plan.

International Students:

The University Health Insurance Plan (UHIP) is compulsory for all international students upon registration. Further information regarding UHIP may be obtained from the International Student Services Office or carleton.ca/isso.

Not Covered By Insurance...

- Medical Certificates/Doctor's Notes and other services **not** covered by any health insurance require payment at time of visit. (See website for more info)
- The University will withhold grades of students with outstanding accounts.

NO SHOW POLICY

You must cancel **24 business hours** prior to appointment or a "no show" charge will apply. Appointment cancellation can be done online at carleton.ca/health or by phone.

Clinic Hours: 8:30 a.m. to 4:30 p.m.

Monday to Friday (door closes at 4)

Appointments can be made in person or by calling 613-520-6674.

Walk-in Hours: 8:30 a.m. to 3:45 p.m.

*or when maximum capacity reached Monday to Friday

Doctors, nurses and a lab technician provide the following services:

- Annual physicals/check-up
- Assessment and treatment of illness
- lab work (academic year), **for students only**
- immunizations
- allergy injections
- contraceptive information
- STI testing
- nutritional information
- Prenatal

Please refer to the Emergency page on our website under Services for **after hours care**. For campus emergency call safety at 4444.

Student Drug Plans

- Undergrads- CUSA Student Drug Plan, visit ihaveaplan.ca
- Grads- visit gsacarleton.ca/healthplan

Counselling Services

Our counselling staff provide both individual and group support to address emotional and social concerns. Appointments are offered weekdays between 8:30 a.m. and 4:30 p.m. Call 613-520-6674 to book an appointment.



Residence students can access counselling through our office at 131 Renfrew House or by calling 613-520-2600 ext. 8061. Drop-in times are available from 1:00 p.m. to 2:30 p.m. daily in residence (except Wednesdays) for those who need immediate contact.

International and Exchange students can access counselling specific to their needs. Call 613-520-2600 ext. 4205 or 613-520-6674 for more information or to book an appointment.

All health records are **confidential** and will not be released to anyone without client written consent.