WHAT TO DO WHEN YOU’RE SICK AT UCA

The best thing to do is stay healthy! Drink lots of water, eat plenty of fruits and vegetables, get 8 hours of sleep every night, wash your hands frequently, and work out at the HPER Center. However, everyone gets sick sometimes. Here are some tips on what to do if you get sick:

Monday-Friday (8:00 am – 4:15 pm)

1. Go to the Student Health Clinic. They can write prescriptions for medicine if you need it. If you need a prescription, and you don’t have transportation, ask someone at the Student Health Clinic to “call the prescription in” to a pharmacy that can deliver the medicine.
2. If you need to see a doctor off campus, the Student Health Clinic can make an appointment for you. You will need to arrange your own transportation to the doctor’s office. Remember that you will be responsible for the cost of the visit.

Monday-Friday after 4:30 pm or on the weekends

1. If your problem is not too serious, such as a cold, headache or minor rash, try to wait until the Student Health Clinic is open. This will be less expensive than going to the emergency room.
2. If your problem is serious, you will need to go to the emergency room at Conway Regional Medical Center. If you have a friend with a car, he or she can drive you to the emergency room. If not, you will need to call 911 and get an ambulance. Your health insurance may or may not cover the cost of the ambulance.

If you need a prescription, there are several pharmacies within walking distance of UCA: College Pharmacy, Walgreens, and Kroger Pharmacy.

Some pharmacies deliver to campus. If you want your medicine delivered, you will need to have the prescription called in to the pharmacy by the clinic where the prescription came from. You cannot call the pharmacy yourself and order the medicine. Give the pharmacy a telephone number where you can be reached and stay in one place for a few hours where the delivery person can find you. Pharmacies that deliver include: College Pharmacy (501-327-8088) and Medicine Shoppe (501-329-3777).

NOTE: Walgreens has software that can translate the instructions for taking your medicine into a different language. Walgreens does not deliver.

Seeing the Dentist
The UCA Student Health clinic does not provide any kind of dental services. If you have problems with your teeth, you will have to see a dentist. Please ask someone in International Affairs or one of your IEP instructors to recommend a dentist. You will need to arrange your own transportation to the dentist’s office. Here are some dentist offices that are within walking distance of UCA: Dr. Richard Wiedower (501-327-9988) and Dr. Mitchell Collins (501-336-8888).

Important Tips:

- Flu (influenza) immunizations are given at UCA in the fall semester. It is a good idea to get a flu shot every year. You will have to pay for the flu shot yourself.
- All UCA undergraduate students are required to take a course called Concepts of Lifetime Health and Fitness. Physical exercise is a component of this class. If you have medical problems that prevent you from exercising, you should tell your academic advisor that you cannot take the course. You will need to provide some proof from a doctor. Your advisor will help you register for another health class that fulfills the same requirement.