

## **After hours care guidelines:**

Students should plan ahead as much as possible to have their medical needs met when the Student Health Center is open. Be sure you know the SHC hours of operation. If you are feeling ill, pay attention to your symptoms, and if you think you might need medical evaluation, contact the Student Health Center early in the day and well before we close, especially if the next day is a weekend or a holiday.

**If your medical need is an emergency or requires immediate attention:** Call **911**, or if you are on campus and using a cell phone, call SSU Police Services directly at **707 664-2143**. SSU Police are the designated on-campus medical first responders.

### **For other circumstances that you're not sure can wait until the SHC is open:**

- The same sources of after hours medical information or services that you previously relied on, may still be available to you:
  - If you have personal health insurance, call the 24-hour advice line listed on your insurance card.
  - Consider directly contacting a family member, or call or visit your off-campus health care provider, an urgent care clinic, or a hospital emergency room.
- Contact or visit a **local source of after hours health care** (pdf). You might want to download a hardcopy of this document and keep it handy.

**You are financially responsible for medical services received off campus.** It is a good idea to be informed in advance about the details of any medical insurance coverage you may have, so keep a copy of your insurance card with you.