

Frequently Asked Questions

Do I need an appointment?

Yes! Email us at student_health_services@columbusstate.edu or call us at 706-507-8620.

A phone triage nurse is available during business hours and your call will be returned as quickly as possible.

For information about our services please see Services on the SHC website. If you have further questions email us at student_health_services@columbusstate.edu or call us at 706-507-8620

Can I cancel my appointment?

Email us at student_health_services@columbusstate.edu or call us at 706-507-8620.

Where are you located?

The **SHC** is located in **Tucker Hall** on the west side of main campus.

We are Building #60 listed on the [Campus map](#). You may park in Lots 3, 5, and 7.

Mailing address:

Student Health Center
Columbus State University
4225 University Avenue
Columbus, GA 31907-5645

What about confidentiality?

Students can feel comfortable knowing the **SHC** adheres to a strict confidentiality policy. Student medical information is held in confidence and will not be released without the student's [signed consent](#). **A student's Health Center record is not part of the university's records.**

[Please see our Notice of Health Information Privacy Practices.](#)

Can I be seen in the clinic? Is there a fee? Eligibility determination is based on enrollment at Columbus State University and payment of the Student Health fee of \$57.00 for on campus students and \$28.50 for online students each semester. There may be fees for certain tests, labs or medications. Please note that in accordance with university policy, the Student Health Center is cashless. You are required to pay at the time of services. No cash will be handled in the clinic. Is there an immunization requirement?

All incoming students must comply with the University System of Georgia and the Board of Regents' immunization requirements, which must be met before registration.

All students must provide documentation of mandatory immunization for measles, mumps, rubella (MMR); varicella; tetanus; and diphtheria. The Hepatitis B vaccine is also required for students who are 18 years of age or younger at the expected time of enrollment.

Download a [Certificate of Immunization](#) (Must be completed and signed by a healthcare provider).

[Immunization Requirements](#)

[Immunization Information](#)

Is having a supplemental insurance plan a good idea?

Yes. Even though the **SHC** will meet many student health care needs, it does not cover the cost of emergency or specialized care, hospitalization, out-patient diagnostic tests, and surgery. Services at the **SHC** will be provided to students regardless of their health insurance status.

Columbus State University offers a voluntary accident and illness policy to help cover these unexpected and potentially expensive costs. UnitedHealthcare is the administrator and underwriter for the USG Student Health Insurance Plan (SHIP) with UnitedHealthcare.

For more information and online enrollment, visit [Student Health Insurance Program \(SHIP\)](#).

What about a student excuse?

Documentation of a visit to the **SHC** is **available the day of the visit**. However, the documentation provided does not excuse the student from class.

Remember, class requirements and attendance are administrative concerns between a faculty member and student. We urge students to communicate with their professor prior to a **SHC** visit, whenever possible.

Where are Urgent Care facilities in Columbus and the surrounding area? For after-hour services, please refer to our [after hours & emergency care section](#) to find the nearest urgent care facilities. Where can I find pharmacies in Columbus and Phenix City? Here is the [list of pharmacies in Columbus and Phenix City](#) with contact information and addresses. Can I get my allergy shots here? We do not administer allergy injections here in the clinic. Please check your insurance for an in-network provider. We can help you find a local allergist. What should I bring to campus?

Personal Healthcare Kit

- **COUGH/COLD/CHEST/ SORETHROAT/ ALLERGIES/ HEADACHE**
 - **Tylenol (acetaminophen)** NOT ASPIRIN - for pain or fever
 - **Motrin/Advil (ibuprofen)**, or **Aleve (naproxen)** NOT ASPIRIN – for pain, fever, or inflammation
 - **Multi-symptom Cold Medicine** – for cold/flu symptoms
 - **Mucus Relief (guaifenesin)** – for chest congestion (thins mucus)
 - **Sudafed** – for head congestion (You must get from the pharmacy counter and show your ID)
 - **Saline Nose Drops** – for stuffy nose (Not Afrin)
 - **Cough Drops/ Peppermint** – for sore throat/cough
 - **Salt** –for sore throat (warm salt water gargles)
 - **Tea Bags/ Honey** – for sore throat (drinking hot tea or taking a teaspoon of honey may soothe pain)
 - **Benadryl (diphenhydramine)** - for allergy symptoms & rash/ hives/ itching (may cause drowsiness)
 - **Claritin, or Zyrtec, or Allegra** – once a day allergy medication (usually does not make you drowsy)
 - **Vitamins Supplements** – boosts your immune system (vitamin C)
 - **Hydrocortisone Cream** – for itching, bug bites, rash
- **MUSCLE ACHES/ INJURIES**
 - **Tylenol (acetaminophen)** - for pain, fever
 - **Motrin/Advil (ibuprofen)**, or **Aleve (naproxen)** – for pain, fever, or inflammation
 - **ACE wrap** – for pain/swelling
 - **Cold or Heat pack/ Heating pad** – for pain/ swelling
- **NAUSEA/ VOMITING/ UPSET STOMACH/ DIARRHEA**
 - **Dramamine** – for nausea (Get Non-Drowsy type)
 - **Ginger ale** – for upset stomach & nausea
 - **Saltines crackers** – for nausea/ vomiting
 - **Diamode/Imodium** – for diarrhea
 - **Antacid Tablets /TUMS** – for heartburn or indigestion
 - **Gatorade/ Powerade** – for hydration and to replace electrolytes
- **FIRST AID SUPPLIES**
 - **Band-Aids**
 - **Tissues**
 - **Thermometer**
 - **Vaseline**

- **OTHER SUGESTIONS**

- **Your Prescription medication** (ADHD/ADD, Birth Control, Mental Health)
- **Lock Box** – ADHD medications/ prescription pain medications should be locked and in a secure location.
- **Your Prescribed Inhaler / Nebulizer**
- **Cool mist Humidifier** – for head/ chest congestion
- **Disinfectant Wipes**- for cleaning surfaces during an illness