

Dear Students –

CCM Health Services wants to welcome you all for the fall 2021 semester. We know there will be challenges as things evolve and change but in the past year, we have proven to be a strong college community, and we will continue to be resilient going into the new academic year, as long as everyone has patience, understanding, and mindfulness. We are all in this together.

Health Services is a small clinic with over-the-counter remedies and health related educational materials. We treat both illnesses and injuries without cost. Feel free to reach out to Health Services staff via email at [health-services@ccm.edu](mailto:health-services@ccm.edu), call (973) 328-5160, or stop by the office in **Cohen Hall, Room 266** with any questions and/or concerns you may have or just to familiarize yourself with our services.

#### **HOW TO HANDLE A COLLEGE MEDICAL EMERGENCY:**

- **If you do not feel well, notify your professor directly through email and do not come to campus.**
- **If you do not feel well while on campus, collect your belongings, excuse yourself from class and report immediately to the Health Services Office where we will address your medical condition, no matter what it is.**
- **If you suddenly feel too ill to even make your way to Health Services, let the classroom professor know you are having a medical emergency and they will get you a discreet escort to the Health Services office.**
- **Injuries should be reported to Public Safety (973) 328-5550 and they will handle the scene from there. You can also call 911 from your cell phone, just be sure of your location.**
- **Any other safety, non-medical related issues are reported directly to Public Safety (973) 328-5550 and/or 911.**

Health Services is dedicated to putting your health and safety at the core of its mission. We are available for such things as providing a variety of medical care, assisting with acquiring health insurance, addressing immunization needs, tobacco/vaping cessation, and general health education and counseling.

If you have questions about immunization requirements, including the latest **meningitis law** (June 2020), see link in left-side menu. The immunization form is also available for download. Forms can be faxed to (973) 328-5163, or emailed to [health-services@ccm.edu](mailto:health-services@ccm.edu). Not turning in your state required immunization records may result in your not being able to register for the next semester. Health Services will assist you in getting free immunizations as a CCM student but do not wait to contact us.

County College of Morris will resume our “food pantry”, **Titan’s Table**, at the start of the semester. **NourishNJ**, is the generous organization that has kept Titans Tables stocked since September 2019. When on campus, feel free to visit any one of the Titan’s Table offices for free food. When not on campus, reach out to NourishNJ, if you need food assistance. If you are

experiencing difficulties with housing, medical bills, transportation, etc., please contact Health Services. We have many resources we can share with you in a confidential environment. Visit **Family Promise of Morris County** for any emergency assistance you may need. All you have to do is ask. Routinely check our webpage for health-related updates.

**Please keep in mind, most illnesses are not Covid 19, but because we are amidst a pandemic, we need to take any symptoms related to Covid 19 very seriously. We are well prepared for the different scenarios that may come up as we have clearly learned so much over the past year. We have an isolation room equipped with what is necessary to protect you and the college community. We want to reassure you that Health Services will provide you with the most accurate and updated information in reference to COVID 19 as it is published by CDC and NJDOH. It is strongly recommended that you get vaccinated. We will help you navigate the process and answer any questions along the way.**

It's so hard to believe it's been close to a year and a half since we were all carrying on as usual, holidays were over, and we were wondering where we'd go for spring break. We left a world where Zoom was just an onomatopoeia in a children's book, and "You're on mute!" was something you may only hear at an audiology convention. Life is unpredictable and change is inevitable, but life is still a gift.

Let's make this your best year yet because quite frankly, you deserve it!

Stay safe and healthy,

*Liz*

Liz Hoban MSN, RNC, ACCE

Coordinator of Health Services