



College Students with Type I Diabetes

- Get to know our nurse practitioners. The Student Health Center can be reached at 215-951-1565 is open Monday through Friday from 8:30 a.m. to 4:30 p.m. and is located in 1026 St. Benilde Tower. Care is free of charge to all full-time La Salle students. We are staffed by fully qualified nurse practitioners.
- Inform your RA and roommate of your illness so that they may help you in an emergency.
- Wear an ID bracelet/necklace at all times to avoid confusion of being intoxicated.
- Have a covered container available for used syringes; bring it to Student Health for disposal. Specific “sharps container” are available in drug stores.
- Have extra medicine & syringes on hand.
- Keep a quick source of glucose handy like honey, fruit juice, or syrup.
- Local pharmacies: **Shop & Carry Pharmacy** (they deliver) at 1301 Lindley Ave, 267-297-5030
CVS (closest national chain pharmacy), at 6601 N Broad St, 215-924-1633
- If you need a local doctor while at college, Student Health can help you find one.
- If you are drinking, be aware of the effect alcohol has on your blood glucose. Eating carbs will help prevent your glucose from dropping in the hours after drinking.
- Know how to access “after hours help” - call your RA or Security at 215-951-1300.

EMERGENCIES

- Einstein Hospital is the closest ER for emergencies; located at Broad and Olney.
- La Salle’s Public Safety officers will transport you there.
- Do NOT call 911 from your cell or dorm as your location or building is not specified. Call Public Safety at 215-951-1300. They will call and meet emergency responders and direct them to your location.
- Find additional resources for students with diabetes at www.collegediabetesnetwork.org

Any other questions, please reach out to one of our nurse practitioners who will be happy to discuss your condition further.