



The Buggy Blues

Insect bites and stings can cause skin irritations. Bites from fire ants and stings from bees, wasps, and hornets are often painful, whereas bites from mosquitoes, fleas, and mites are more likely to cause itching than pain.

To remove a stinger, use a credit card and scrape across the stinger. Do not attempt to squeeze with tweezers as this can increase the amount of venom released.

To reduce inflammation and itching, apply ice or take an antihistamine such as Benadryl, Zyrtec, or Claritin. Watch for signs of infection including redness, increased swelling, or pain.

As always, checking in with the nurses at the clinic is a good precaution.



Nurse Practitioner Sandy

Dietitian Meredith

Nurse Deanna

Medical Assistant Candie

Summertime Smoothies!

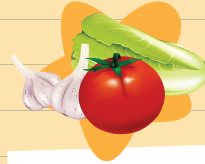
The summer heat will have you reaching for the cool comfort of a fruit smoothie. Beware! A bunch of blended fruits and juices is simply a sugar fest. The energy burst will be short lived.

By adding protein such as yogurt, protein powder, or milk, your summertime cooler will now have staying power.

Better yet, choose Greek-style yogurt for higher protein, lower sugar, and more live active cultures.



Summer 2017 Newsletter



In Meredith's Kitchen...

Ultimate Summer Smoothie

- 8oz. Greek yogurt (flavored or plain)
- 1 cup fresh or frozen fruit
- 4 ice cubes

Toss in a blender and blend until smoothie-licious!

For more ideas on healthful eating, contact Dietitian Meredith at the Rosen College Clinic (407-996-4560).

Free Publix Healthy Eating Tours

Join Dietitian Meredith at Publix across campus for a guided tour on eating well on a college student's budget. Look for Meredith who will be wearing a red jacket.

Summer Tour Dates

- Tuesday, May 23 4:30 p.m. - 5:45 p.m.
- Wednesday, June 7 8:00 p.m. - 7:15 p.m.
- Thursday, July 13 3:00 p.m. - 4:15 p.m.



Rosen Medical Center (Off Campus)

7656 International Dr.
Orlando, FL 32819
Office: 407-996-4554

Rosen College Clinic (On Campus)

NEW NUMBER 407-996-4560
Monday-Friday 10:00 a.m. - 2:00 p.m.
BUILDING 905, ROOM 112
9907 UNIVERSAL BLVD.
ORLANDO, FL 32819

FREE Counseling and Psychological Services (CAPS)

MAIN CAMPUS
407-823-2811

ROSEN CAMPUS
407-903-8054

24-HOUR NURSE LINE
855-245-8395

UCF SEXUAL ASSAULT HOTLINE VICTIM SERVICES

407-740-6069

VICTIM ADVOCATES

407-823-6069 407-823-6332
407-823-6333 407-823-5555