

USE YOUR STUDENT HEALTH CENTER



ASK DR. WELLNESS

Dear Dr. Wellness,

I like to go hiking and a few weeks ago after hiking a few hills on the weekend, I think I came down with a case of poison oak rash. The itching and pain have finally gone but I'd like to know what to do if I should get it again.

A: The best prevention is of course avoiding contact with the poison oak plant. However, if you unfortunately do get the oil of the plant on your skin, wash your skin with tepid water and strong laundry soap as soon as possible after exposure.

Also wash all clothes worn at the time of exposure as clothes which are contaminated with the plant oil will cause rash not only in you but in others.

Skin rash usually appears anytime up to 3 to 4 days after contact with the plant. Pimples and blisters which itch greatly break out, continuing to show greater amounts of lesion up to 7 - 10 days after exposure, then gradually lessening and drying up by the 14th to 20th day.

Keeping cool with cold compresses, solutions such as calamine lotion or ointments help decrease the itching and scratching. This is important as scratching increases the involved areas and risk of infection.

You can also control the itching by using antihistamines and steroid lotions which prevent inflammation. Weaker doses such as Benadril (antihistamine) and Hydrocortisone (.5% steroid lotion) are available as over-the-counter medication at the Student Health Center Pharmacy.

A Herpes Education/Support Group meets every Wednesday evening at 7 pm in Century 3 Conference Room in the EMU. The group is facilitated by Carolyn Pursley, a graduate student in counseling. There is no fee to attend and everyone, from herpes sufferers, friends and interested parties are welcome.

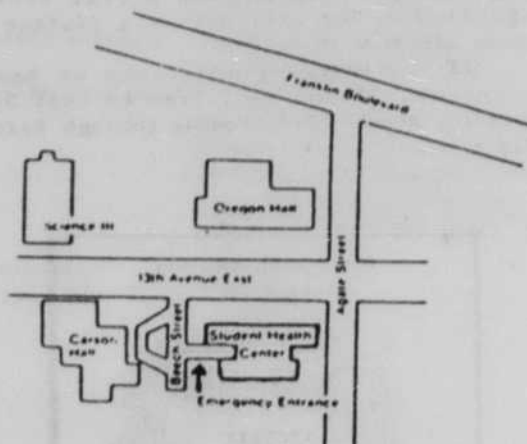
For further information, call the Lifestyle Planning Program at 686-4456.

Your Student Health Center - sponsor of Well Now - offers health and medical care services to all fully registered students at the University of Oregon. We encourage you to utilize our services and save yourself (or your parents) lots of money on your health care needs.

We are open evenings and weekends till 8:00 p.m.

Our Hours of Service

Regular Clinic Hours (M-F)	8:00a.m. - 4:30p.m.
Saturday Clinic Hours	8:00a.m. - 11:30p.m.
Urgent Care Clinic Hours (M - Sat)	8:00a.m. - 8:00p.m.
Sunday Urgent Care Clinic Hours	12 noon - 8:00 p.m.



WELL NOW...

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STUDENT HEALTH CENTER

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