Advice to students from SHCS Medical Director concerning the fires

Medical Concern

If you have asthma or are experiencing exacerbation of respiratory illnesses, please CALL Student Health and Counseling for advice regarding preventive measures and treatment. 415-476-1281. Coming outdoors and traveling to SHCS may not be your best first step — so call first.

Many students’ allergy symptoms have been exacerbated as well. Nasal saline flushes (NetiPot ? see your local drug store), flushing eyes with water, taking antihistamine, and staying indoors are your best bets for managing symptoms.

Wondering about a mask?

Many students have approached SHCS for masks. N95 masks must be fit and are reserved for those with medical conditions and symptoms exacerbated by the smoke. SHCS is out of surgical masks and no longer able to distribute. There are places in the Bay Area that sell masks that you can find online if you feel the need.

Psychological Concern

If you are experiencing emotional distress as a result of the fires or smoke and you want support, make use of our mental health counseling team. You may contact SHCS to make an appointment or inquire about drop in appointments. Call (415-476-1281) or Spruce message [1] us for availability. After-hours, students may access crisis support by calling our crisis counseling line at 415-476-1281, extension 7.

Financial Concern

If you have experienced a loss due to the fires and need assistance — we encourage you to visit Student Financial Aid [2].

Ongoing developments
