

# Health Wise

Fall 2010

Check out what's **NEW** at  
NIU Health Services!

Try it  
now!

## Online System for Students



### Secure, Simple, Convenient

- Make & cancel appointments
- View immunization records
- Retrieve private messages from physicians
- Request prescription refills
- Access & print your account summary and visit verifications

- Go to [www.niu.edu/healthservices](http://www.niu.edu/healthservices)
- Click on "Secure Patient" website
- Log in with your MyNIU username and password
- Click and view any information you need!



## Digital Radiography System

Digital radiography (DR) is a way to capture X-ray images without using film -- images are recorded as a digital file.

Going digital provides several advantages for NIU students:

- Immediate image preview on a monitor decreases the need to retake images
- Enhanced display and higher quality of image
- Greater image detail and the ability to apply special techniques, such as enlarging an area or adjusting image brightness
- Less radiation than with traditional X-rays

Health Services provides general diagnostic and sports medicine X-rays at no cost to eligible students. There is a nominal fee to obtain a CD copy of X-rays.

# Information on Bed Bugs

**FYI --**



The growing, worldwide problem of bed bugs is linked to the ecosystem's fluctuations, as well as increased travel.

## What are bed bugs?

Bed bugs are nocturnal parasites that feed on the blood of humans and animals (similar to mosquitoes). They hide in cracks and crevices during the day, and then feed at night. Luckily, bed bugs are not known to transmit human disease.



**The first sign is often a rash or bite mark and blood spots on linens.**

**If you have further questions:**

- **ON-CAMPUS**,  
Call the Work Request Office:  
815-753-4948 or  
Call Environmental Health and Safety:  
815-753-9251
- **OFF-CAMPUS**,  
Call City of DeKalb:  
815-748-2070

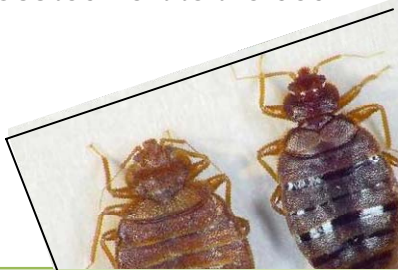


Don't let  
the bed  
bugs bite!

## Be on the lookout

They are small, flat, oval, wingless, & about ¼ inch long.

Check under the folds in mattresses, along the seams, behind baseboards, inside pillow cases, and inside any piece of furniture that is located next to the bed.



## How NIU is helping

NIU has an **integrated pest management system** –consisting of Environmental Health and Safety and an experienced pest control company! They are highly trained and prepared to remove any found cases.

## What to do if you have bed bugs

**Do not ignore bed bugs because they won't ignore you!**

- **If you live in the residence halls, including Northern View:** then contact the Work Request Office (815-753-4948) in order to initiate a pest control visit.
- **If living in off-campus housing:** notify your landlord first.
  - Insist on an inspection of the apartment **and** adjoining apartments
  - If landlord fails to resolve the problem, call the **City of DeKalb: 815-748-2070**
- As a last option, contact the **Northern Illinois University Students' Legal Assistance Office: 815-753-1701**

**In order to prepare for extermination:**

- Immediately remove all sheets, blankets, pillowcases, other bed items and wash in a washing machine and place for 20 minutes in a hot dryer.
- Empty out closets, dressers, and other furniture located near the bed. Put all belongings into plastic garbage bags and leave them in the room.
- Make sure there are no animals or people in the room during the treatment and at least 2 hours afterwards.