• Have condoms on hand. The Student Health Center sells them 10 for $2 or 80 for $10! Condoms are also available at most pharmacies and grocery stores.

• Get tested for STIs before you leave. Get tested every 3-6 months if you are sexually active. Confidential testing is only $6 at the Student Health Center.

• Consent is sexy! Talk to your partner and get consent before any sexual activity.

• If you experience birth control failure (i.e. condom breaks), emergency contraception is available at the Student Health Center. The sooner you take it, the more effective it is. Contact us at 618/536-2391.

• If you are interested in getting on birth control before spring break, make an appointment with the Student Health Center ASAP!