Shasta County has reported a case of the West Nile Virus in July. The Record Searchlight quoted “State-Wide and national levels of West Nile are much higher than the past 5 years.”

**District Officials advise three things to increase protection from mosquitoes:**

- Drain any standing water
- Use insect repellant and wear protective clothing. Also, make sure screens are applied and windows/doors are in good working condition.
- Contact the district by phone at 365-3768 or online at shastamosquito.org if you need further assistance.

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**Nurse Connie’s Hours:**
**MONDAY-THURSDAY**
8:00—4:00
530.226.4178
cechols@simpsonu.edu

**Campus Safety**
530.941.7592

*If immediate assistance is needed please go to either of the clinics listed below or to the closest Emergency room.*

**Hilltop Medical Clinic**
1093 Hilltop Drive
Redding, CA 96003
530.221-1565

**Pulse Urgent Care**
691 Maraglia St.
Redding, CA 96002
530.722.1111

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**TB TEST**

There is a shortage of tuberculin nationwide this year. The Health Center will not be able to perform the test until mid-September.

**The fee for the TB Test is $5.**

*Please call or email Nurse Connie to schedule an appointment.*

Shasta County Public Health has the test available now if needed for $12.

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The flu vaccine will be available beginning in October. This important vaccine can prevent the flu and its potential serious complications. Make an apt. with Nurse Connie. Only $12 in the Wellness Center.

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Eating healthy isn't always easy, but it's worth it. Healthy eating habits do much more than decrease your risk of chronic diseases. Eating a balanced diet with plenty of fruits and vegetables is key to feeling and looking your best.

*For more information about activities, local events, health resources and for farmers’ markets locations, visit www.healthyshasta.org/farmersmarkets*