

BRIGHT FUTURES HANDOUT ► PATIENT

18 THROUGH 21 YEAR VISITS

Here are some suggestions from Bright Futures experts that may be of value to you.



✓ HOW YOU ARE DOING

- Enjoy spending time with your family.
- Find activities you are really interested in, such as sports, theater, or volunteering.
- Try to be responsible for your schoolwork or work obligations.
- Always talk through problems and never use violence.
- If you get angry with someone, try to walk away.
- If you feel unsafe in your home or have been hurt by someone, let us know. Hotlines and community agencies can also provide confidential help.
- Talk with us if you are worried about your living or food situation. Community agencies and programs such as SNAP can help.
- Don't smoke, vape, or use drugs. Avoid people who do when you can. Talk with us if you are worried about alcohol or drug use in your family.

✓ YOUR FEELINGS

- Most people have ups and downs. If you are feeling sad, depressed, nervous, irritable, hopeless, or angry, let us know or reach out to another health care professional.
- Figure out healthy ways to deal with stress.
- Try your best to solve problems and make decisions on your own.
- Sexuality is an important part of your life. If you have any questions or concerns, we are here for you.

✓ YOUR DAILY LIFE

- Visit the dentist at least twice a year.
- Brush your teeth at least twice a day and floss once a day.
- Be a healthy eater.
 - Have vegetables, fruits, lean protein, and whole grains at meals and snacks.
 - Limit fatty, sugary, salty foods that are low in nutrients, such as candy, chips, and ice cream.
 - Eat when you're hungry. Stop when you feel satisfied.
 - Eat breakfast.
- Drink plenty of water.
- Make sure to get enough calcium every day.
 - Have 3 or more servings of low-fat (1%) or fat-free milk and other low-fat dairy products, such as yogurt and cheese.
- Women: Make sure to eat foods rich in folate, such as fortified grains and dark-green leafy vegetables.
- Aim for at least 1 hour of physical activity every day.
- Wear safety equipment when you play sports.
- Get enough sleep.
- Talk with us about managing your health care and insurance as an adult.

✓ HEALTHY BEHAVIOR CHOICES

- Avoid using drugs, alcohol, tobacco, steroids, and diet pills. Support friends who choose not to use.
- If you use drugs or alcohol, let us know or talk with another trusted adult about it. We can help you with quitting or cutting down on your use.
- Make healthy decisions about your sexual behavior.
- If you are sexually active, always practice safe sex. Always use birth control along with a condom to prevent pregnancy and sexually transmitted infections.
- All sexual activity should be something you want. No one should ever force or try to convince you.
- Protect your hearing at work, home, and concerts. Keep your earbud volume down.

Helpful Resource: National Domestic Violence Hotline: 800-799-7233

18 THROUGH 21 YEAR VISITS—PATIENT

✓ STAYING SAFE

- Always be a safe and cautious driver.
 - Insist that everyone use a lap and shoulder seat belt.
 - Limit the number of friends in the car and avoid driving at night.
 - Avoid distractions. Never text or talk on the phone while you drive.
- Do not ride in a vehicle with someone who has been using drugs or alcohol.
 - If you feel unsafe driving or riding with someone, call someone you trust to drive you.
- Wear helmets and protective gear while playing sports. Wear a helmet when riding a bike, a motorcycle, or an ATV or when skiing or skateboarding.
- Always use sunscreen and a hat when you're outside.
- Fighting and carrying weapons can be dangerous. Talk with your parents, teachers, or doctor about how to avoid these situations.

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics
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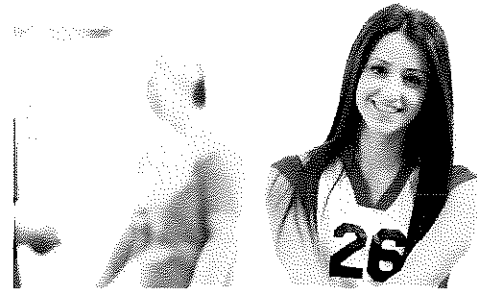
CELEBRATING 10 YEARS

Common Health Problems at College

With students living together in dorms and apartments, eating together in cafeterias, and sitting together in classrooms, illnesses and infections can spread easily. Here is a brief guide to common illnesses and what you should do if you get one.

Colds & Flu

These are caused by viruses. While sometimes it's hard to tell the difference between them, colds usually cause milder symptoms than the flu (</English/health-issues/conditions/chest-lungs/Pages/The-Flu.aspx>).



Common cold symptoms include:

- Coughing (</English/health-issues/conditions/chest-lungs/Pages/Coughs-and-Colds-Medicines-or-Home-Remedies.aspx>)
- Sneezing
- Watery eyes
- Mild fevers (</English/health-issues/conditions/fever/Pages/Signs-and-Symptoms-of-Fever.aspx>)

Flu symptoms include:

- Higher fever (commonly above 102°F or 39°C)
- Body aches
- Dry cough
- Upset stomach or vomiting

What you can do:

The most you can do is rest, drink a lot of fluids, and treat the symptoms. You can try using over-the-counter cold and flu medicines or fever and pain medicines. They may help you feel better. However, do not take aspirin when you have the flu. Your pediatrician or the student health service can suggest which medicines may help your symptoms, as well as answer your questions.

Some types of the flu can be treated with antiviral agents, but you have to take them during the first or second day of the illness, and a prescription is required. They can help you feel better faster.

Prevention:

These tips can help lower your risk of getting a cold or the flu.

- Wash your hands (</English/health-issues/conditions/prevention/Pages/Hand-Washing-A-Powerful-Antidote-to-Illness.aspx>) often!
- Get a flu vaccine (</English/safety-prevention/immunizations/Pages/Inactivated-Influenza-Vaccine-What-You-Need-to-Know.aspx>) each fall.

Strep Throat, Sinus Infections & Ear Infections

These are caused by bacteria.

Symptoms may include:

- A very sore throat (</English/health-issues/conditions/ear-nose-throat/Pages/The-Difference-Between-a-Sore-Throat-Strep-and-Tonsillitis.aspx>)

- Pain in your ears (</English/health-issues/conditions/ear-nose-throat/Pages/Ear-Infection-Information.aspx>) or sinuses (</English/health-issues/conditions/ear-nose-throat/Pages/The-Difference-Between-Sinusitis-and-a-Cold.aspx>)
- A persistent fever

What you can do:

If you have these symptoms, go to the student health service. The staff will be able to tell you what the problem is and give you antibiotics if you need them. If you need to take antibiotics, take them exactly as you are told and be sure to take all of them. If you don't, the infection can come back.

Prevention:

- Avoid close contact with anyone who has an infection. That means no kissing or sharing drinks or utensils with someone who is ill.
- See your doctor for regular checkups.

Meningococcal Disease

A common form of this is meningitis (</English/health-issues/conditions/head-neck-nervous-system/Pages/Meningitis.aspx>). This disease can infect the brain, the spinal cord, blood, or a combination of these.

Symptoms include:

- High fever
- Stiff neck
- Severe headache
- A flat, pink, red, or purple rash
- Nausea and vomiting
- Sensitivity to light

What you can do:

It is important to seek medical treatment right away. The disease can be fatal or may result in permanent brain damage or lifelong problems with the nervous system.

Prevention:

The meningococcal vaccine (</English/safety-prevention/immunizations/Pages/Meningococcal-Vaccines-What-You-Need-to-Know.aspx>) is recommended for teens 11 through 18 years of age and for college freshmen living in dorms. The vaccine is effective against most, but not all, strains of the bacteria that cause this infection.

Bruises, Sprains & Strains

These are very common and are usually not very serious.

Here's how to tell the difference between them:

- Bruises cause the skin to turn purple, brown, or red in color.
- Strains (</English/health-issues/conditions/orthopedic/Pages/Sprains-Strains.aspx>) are injuries to muscles and tendons that result from too much or sudden stretching.
- Sprains (</English/health-issues/conditions/orthopedic/Pages/Sprains-Strains.aspx>) are injuries to the ligaments, the connecting tissue between bones.

What you can do:

- Use the RICE method of treatment.
- Rest—especially for the first 24 hours.
- Ice—put ice packs or cold gel packs on the injury for 20 minutes every 4 hours.
- Compression—wrap the injured body part in an elastic bandage.
- Elevation—for example, if you have sprained your ankle, prop your foot up on pillows to keep it at a level higher than your heart.
- Visit the student health service if your pain or swelling does not get better in 1 to 2 days or if you are unable to put any weight on the injured area.

Prevention:

- Being physically active is a great way to stay healthy, but be smart and avoid injuries by
- Using the right safety gear (such as pads and helmets).
- Warming up and cooling down. Stretch out before and after you exercise or play a sport.
- Taking breaks. Don't exercise or play through pain.

Mononucleosis ("Mono")

College students often worry about a disease called "mono" ([/English/health-issues/conditions/infections/Pages/Mononucleosis.aspx](#))—also known as "the kissing disease." Mono is caused by a virus.

Symptoms include:

- Fever
- Sore throat
- Headache
- Swollen lymph nodes (glands) in the neck
- Extreme tiredness

What you can do:

If you have a sore throat or bad flu that doesn't go away in a week to 10 days, see your doctor. Mono is diagnosed by a blood test called the monospot test. There is no specific treatment for mono; just get plenty of rest and eat a healthy diet.

Don't Ignore These Symptoms. Call the Student Health Service Right Away If You Have:

- A fever of 102°F (39°C) or higher
- A headache and a stiff neck
- Pain with urination
- An unusual discharge from your penis or vagina
- A change in your menstrual cycle
- Pain in the abdomen that will not go away
- A persistent cough, chest pain, or trouble breathing
- Pain or any other symptoms that worry you or last longer than you think they should

Additional Information:

- [Meningococcal Disease: Information for Teens and College Students \(/English/ages-stages/teen/Pages/Meningococcal-Disease-Information-for-Teens-and-College-Students-.aspx\)](#)
- [Healthy Tips for College Freshman \(/English/ages-stages/young-adult/Pages/Healthy-Tips-for-the-College-Freshman.aspx\)](#)
- [Encouraging Teens to Take Responsibility for Their Own Health \(/English/family-life/health-management/Pages/Encouraging-Teens-to-Take-Responsibility-for-Their-Own-Health.aspx\)](#)

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Source Health Care for College Students (Copyright © 2007 American Academy of Pediatrics, Updated 4/07)

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Marijuana

Know the Facts

Marijuana is not harmless.

Marijuana impairs coordination and perception, affects learning and memory, and can increase anxiety, panic and paranoia. Research shows one in eight youth who use marijuana by age 14 become dependent.

Some of the risks of smoking marijuana vs. consuming marijuana-infused foods are different.

Inhaling any kind of smoke harms your lungs. Consuming marijuana-infused foods can also be dangerous because it takes longer to feel the effects. It's easier to have too much because the effects are delayed.

Recreational marijuana use has age restrictions.

Only those 21 and older can possess marijuana, with a limit of 1 ounce of useable marijuana, 16 ounces in solid form, 72 ounces in liquid form, and 7 grams of concentrate.

Where you can use marijuana is limited.

Marijuana cannot be used in view of the public. It is also not allowed on federal and most tribal lands.

The penalties for marijuana use for those under 21 can be severe.

If you are under 21, you can be charged with Minor in Possession. If you have more than 40 grams, it is a Class "C" felony (\$10,000 fine and/or 10 years in jail).

It's not okay for parents to share marijuana with their kids.

It is a felony to provide marijuana to any minor.



Marijuana

What Parents Should Know

Most youth choose not to use marijuana. However, some will try it, and some will continue to use it.

Brain development continues through age 25. The use of any drug, including marijuana, can impair brain development.

Marijuana use increases risk of academic problems. Marijuana's effect on learning, memory, and motivation can lead to difficulties in school.

Talk Early. Talk Often.

- You are the number one influence in your child's life.
- Talk early and talk often about making the right choices.
- Set expectations.
- Discuss rules and enforce consequences.

For more information about marijuana:

www.LearnAboutMarijuanaWA.org
or www.StartTalkingNow.org



To contact the WSLCB email:
prevention@lcb.wa.gov

If someone you know is struggling with substance use, call:

Washington Recovery Helpline at 1.866.789.1511.

To obtain this publication in an alternative format, contact the agency ADA coordinator at (360) 664-1783.



Washington State
Department of Social
& Health Services

Transforming lives

WATCH FOR SIGNS – Stop Youth Suicide

“If a young person you know seems depressed or gloomy and has been spending a lot of time questioning why life is worth the bother, it’s time to pay attention.” Anonymous Parent (son lost to suicide)



THE FACTS:

- ❖ Between 2003 and 2007, 539 Washington State youths completed suicide – an average of two youth suicides each week.
- ❖ Youth suicides outnumber youth homicides in Washington State.
- ❖ Between 2003 and 2007, 4,269 Washington State youths were admitted to the hospital for non-fatal suicidal behavior – an average of 16 admissions per week.
- ❖ Boys and young men are significantly more likely to complete suicide – this is partly a result of using more lethal means – while girls and young women are more likely to make suicide attempts that result in hospitalization.
- ❖ 30% of Washington State 10th graders reported feeling so sad or hopeless in the past year that they stopped doing their usual activities.
- ❖ 26% of all 10th graders indicated that it was unlikely that they would seek adult help if they were feeling depressed or suicidal. More than 30% indicated that they did not have adults they could turn to if they were feeling sad or depressed.

Youth suicide is a significant problem in our state. There are warning signs you can watch for – and specific actions you can take – to help prevent young people from taking their own lives.

Learn how to recognize these warning signs, the “clues” that a young person might be considering suicide, and how to let them know you care.

Youth of all races, creeds, incomes, and educational levels attempt or complete suicide. There is no typical suicide victim. About 80% of the time people who kill themselves have given definite signals or talked about suicide. The key to prevention is knowing what the warning signs are, and what to do to help.

WARNING SIGNS:

Most suicidal young people don’t really want to die – they just want their pain to end. There are several signs to watch for that may indicate someone is thinking about suicide. The more signs, the greater the risk.

- A previous suicide attempt.
- Current talk of suicide, or making a plan.
- Strong wish to die, preoccupation with death, giving away prized possessions.
- Signs of serious depression, such as moodiness, hopelessness, withdrawal.
- Increased alcohol and/or other drug use.
- Recent suicide attempted by a friend or family member.

There are other key “risk factors” to keep in mind that increase the likelihood of suicide attempts by young people. Again, the more signs observed, the greater the risk.

- Readily accessible firearms.
- Impulsiveness and taking unnecessary risks.
- Lack of connection to family and friends (no one to talk to).

PREVENTION STEPS:

If you’re worried about a young person and suicide has crossed your mind as a concern, trust your judgment. Do something now! Here’s what you might say to a young person who is thinking about suicide:

1) SHOW YOU CARE: Let the person know you really care. Talk about your feelings and ask about his or hers. Listen carefully to what they have to say.

- “I’m concerned about you ... about how you feel.”
- “Tell me about your pain.”
- “You mean a lot to me and I want to help.”
- “I care about you, about how you’re holding up.”
- “I don’t want you to kill yourself.”
- “I’m on your side ... we’ll get through this.”

2) ASK THE QUESTION: Don’t hesitate to raise the subject. Talking with young people about suicide won’t put the idea in their heads. Chances are, if you’ve observed any of the warning signs, they are already thinking about it. Be direct in a caring, non-confrontational way. Get the conversation started.

- “Are you thinking about suicide?”
- “Are you thinking about harming yourself, ending your life?”
- “What thoughts or plans do you have?”
- “How long have you been thinking about suicide?”
- “Have you thought about how you would do it?”
- “Do you have _____?” (insert the lethal means they have mentioned)
- “Do you really want to die? Or do you want the pain to go away?”

3) CALL FOR HELP: The first steps toward instilling a sense of hope are: showing your concern, raising the issue, and listening to and understanding the young person’s feelings. Keep moving forward, together. Call for help.

- “Together I know we can figure something out to make you feel better.”
- “I know where we can get some help.”
- “Let’s talk to someone who can help... let’s call the crisis line, now.”
- “I can go with you to where we can get help.”
- “You’re not alone. Let me help you.”

If the young person has expressed an immediate plan, or has access to a gun or other potentially deadly means, do not leave him or her alone: GET HELP IMMEDIATELY!

Please call your local CRISIS LINE at 360-425-6064 or 1-800-273-TALK
TEEN TALK: call 360-397-2428 or text 360-984-0936

REGISTER TO VOTE



Register to Vote

Links

Are you 18? Have you registered to vote? If not, now is the time! The 26th Amendment of the Constitution of the United States says if you are 18 you have the privilege and responsibility to vote. Registration is the first step in voting, and it is very easy. A new law named the "MotorVoter" law has recently been passed, allowing all citizens to register to vote by mail using a universal mail-in voter registration form. There is a thirty day waiting period between registering and being eligible to vote.

- Rock the Vote
(<http://www.rockthevote.com/>)
- Elections and Candidates Issues
(<http://www.congress.org/>)
- Register to Vote
(<http://www.declareyourself.com/>)

TO REGISTER, SIMPLY DO THE FOLLOWING:

- Get a mail-in voter registration form from an election office near you or download the form from the web at <http://www.fec.gov/votregis/vr.htm> (<http://www.fec.gov/votregis/vr.htm>).
- Complete the form using the easy-to-follow instructions.
- Mail the form to the address provided in the instructions.

It's that easy to register! Other places where voter registration must be made available are agencies that provide public assistance, dispense Medicaid or food stamps, provide Women/Infant/Child benefits (WIC) or Aid to Families with Dependent Children (AFDC) benefits. Agencies that provide services to people with disabilities also must provide voter registration.

WHY DO PEOPLE FAIL TO VOTE?

According to a study by Mellman and Wirthin Worldwide in 1996, people who fail to vote give the following reasons:

- not enough trusted information
- misunderstanding of the issues
- left out of the "voter loop"-they do not receive information, campaign literature or political phone calls
- dislike politics/politician
- no one asks them to vote

Please vote! Becoming an educated voter is essential to our nation's future.