

# A Su Salud

To your health



## AT STUDENT HEALTH SERVICES



### Medical Services have Expanded with New Nurse Practitioner

With the addition of our nurse practitioner, Farzaneh Raoufi, primary care services will now be available to students on Mondays from 10 a.m. to 1 p.m. and Tuesdays through Thursdays from 10 a.m. to 6 p.m. Services include annual woman well care exams, birth control methods, sexually transmitted infections (STIs), urinary tract infections, and treatment of acne, headaches, earaches, upper respiratory infections, etc. Fees will vary depending on services provided, but all fees will be low cost. A minimum fee of \$10 will be charged. Appointments are strongly encouraged, but walk-ins will be accepted if time permits.

Our nurses are available Mondays through Thursdays from 8 a.m. to 8 p.m. and Fridays 8 a.m. to 4 p.m. to provide pregnancy testing, emergency contraception, birth control refills, and immunizations.



### New Appointment Policy

All appointments for our physician and nurse practitioner must be made in person, and a non-refundable \$10 administrative fee will be charged at the time you make the appointment. Payment can be made by cash or check only.

### Phishing and other ID Theft Scams: Don't Take the Bait!



Identity theft is an ever-growing problem, and college students are prime targets. Identity theft is stealing someone's personal information such as a Social Security number or date of birth to commit fraud or theft. A very common example is when an identity thief uses your personal information to open a credit

card account in your name. According to the Department of Education, half of all college students receive up to five pre-approved offers for credit cards every week. These pre-approved offers contain your personal information and can be obtained by identity thieves if you simply toss that application in the trash. Some crooks actually go "dumpster diving," sifting through garbage cans, communal dumpsters or trash bins to obtain copies of your checks, credit card or bank statements, or other records that typically bear your name, address, and even your telephone number.

A second common way thieves steal your personal information is by "shoulder surfing," watching you from a nearby location as you punch in your telephone calling card number or credit card number, or listening in on your conversation if you give your credit-card number over the telephone.

College students are particularly vulnerable because your Social Security number is used for so many things—from registering to applying for student loans. The website for the Department of Education warns students "of a potential fraud scheme involving persons claiming to represent the U.S. Department of Education who are calling students and offering them scholarships or grants. These callers request a bank or credit card account number saying the information will be used to charge a \$249 processing fee. The Department of Education does not charge a processing fee to obtain federal education grants. DO NOT give your financial information to individuals making these claims!"

With so many people using the internet, identity thieves have found even more ways to gain access your personal information. For example, downloading music or videos can be risky because, according to an article on identity theft in the September 6, 2004 issue of U.S. News and World Report, "identity thieves have been known to attach special

software to files that can grab any personal financial information stored on a computer.”

The most common internet thievery is something called “phishing.” Webopedia, an online encyclopedia dedicated to computer technology, defines phishing as “the act of sending an e-mail to a user falsely claiming to be an established legitimate enterprise in an attempt to scam the user into surrendering private information that will be used for identity theft. The e-mail directs the user to visit a Web site where they are asked to update personal information, such as passwords and credit card, social security, and bank account numbers, that the legitimate organization already has. The Web site, however, is bogus and set up only to steal the user’s information. For example, 2003 saw the proliferation of a phishing scam in which users received e-mails supposedly from eBay claiming that the user’s account was about to be suspended unless he clicked on the provided link and updated the credit card information that the genuine eBay already had. Because it is relatively simple to make a Web site look like a legitimate organizations site by mimicking the HTML code the scam counted on people being tricked into thinking they were actually being contacted by eBay and were subsequently going to eBay’s site to update their account information. By spamming large groups of people, the “phisher” counted on the e-mail being read by a percentage of people who actually had listed credit card numbers with eBay legitimately. Phishing is also referred to as *brand spoofing* or *carding*, and is a variation on “fishing,” the idea being that bait is thrown out with the hopes that while most will ignore the bait, some will be tempted into biting.”

You can make yourself less vulnerable to identity theft by taking the following precautions:

- Don’t carry your Social Security card, birth certificate, passport, or any other card that has your social security number in your wallet or purse.
- Limit the number of credit cards you carry.
- Shred any mail that contains your personal information.
- Don’t give any personal information (social security number, bank account number, etc) to anyone over the phone or on the computer unless you have initiated the contact.
- Never enter financial information or your social security number on a Web site that you traveled to by clicking on a link in an e-mail message.
- When you pay bills, do not leave the envelopes containing your checks at your mailbox for the postal carrier to pick up. If stolen, your checks can be altered and then cashed by the imposter. It is best to mail bills and other sensitive items at the drop boxes *inside* the post office rather than neighborhood drop boxes.



To reduce the amount of personal information that is “out there,” consider the following:

- Remove your name from the marketing lists of the three credit reporting bureaus — Equifax, Experian (formerly TRW) and Trans Union. **Call 888-5OPTOUT.** This will limit the number of pre-approved offers of credit that you receive.
- Sign up for the Federal Trade Commission’s National Do Not Call Registry, [www.donotcall.gov](http://www.donotcall.gov), (888) 382-1222

To learn more about identity theft, log onto the following websites:

- Detailed 17-step plan to follow if your ID is stolen: <http://www.privacyrights.org/identity.html>
  - U.S. Department of Justice ID Theft kit: <http://www.usdoj.gov/criminal/fraud/idtheft.html>
  - Department of Education <http://www.ed.gov/misused>
- Federal Trade Commission Clearinghouse  
<http://www.consumer.gov/idtheft>



### *We’re Taking Pink to the Brink!*

October is Breast Cancer Awareness Month and pink is its official color. Health Services will “think pink” the week of October 18. Visit our pink table from 10:30 a.m. – 1:30 p.m. in the upstairs lobby of the Campus Center. We’ll have lots of pink items to play with including pink ribbon tattoos, manicures (with pink polish, of course!), pink drinks, etc!

### *An Ounce of Prevention*

Catching a cold could be something you didn’t expect to pick up on campus, but the truth of the matter is, you are more likely to catch a cold when you are around large crowds of people. The most proven way to avoid catching a cold is to wash your hands several times throughout the day, even if they don’t look or feel dirty, as cold, flu and other germs are invisible.

#### **De Anza College Health Services**

is available to all registered De Anza students. Some of our services include:

Health education/TB skin tests/First Aid/Blood pressure checks/Condoms/lubricants/Over-the-counter medicine/  
Pregnancy tests/Family planning

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