



EIGHTEEN YEAR VISIT Patient Handout

Staying Safe

- Always be a safe and cautious driver.
 - Insist that everyone wear a lap and shoulder 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 the 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.
- Use a hat, sun protection clothing, and sunscreen with SPF 30 or higher. Limit time outside when the sun is strongest (11am-3pm).
- Fighting or carrying weapons can be dangerous. Talk with your parents, teachers, or a doctor about how to avoid these situations.
- If you feel unsafe in your home or have been hurt by someone, let us know.
- If you are worried about your living or food situation, let us know so we can connect you with community resources.

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 by eating at least 2-3 servings of dairy daily.
- Women: make sure to eat foods rich in folate like fortified grains and dark-green leafy vegetables.
- Aim for at least 1 hour of physical activity every day.
- Get enough sleep.
- Talk with us and your parent 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. Get tested for sexually transmitted infections every year.
- 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.

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.
- Sexuality is an important part of your life. If you have any questions or concerns, we are here for you.

Next Well Check: In one year

Now that you're an adult, it's time to transition to an adult health care provider such as a family physician, general internist, OB-GYN, or a student health clinic. Please let us know if you need help identifying an adult health care provider.