

I FEEL “UNWELL” WHAT DO I DO?

CAMPUS STAFF NOTIFICATION

- If you have fever symptoms and a verified temperature of over 100.4° F **please fill out this form** →



SCAN ME



SCAN ME

- ← • If you are feeling under the weather and below your normal health standards please utilize the **CDC's symptom checker** and review the rest of this document for guidance.

HEALTH TIPS

Tips come from the CDC and Mayo Clinic.
*Do not use medication you are allergic to. Use medication as directed.

- **Stay hydrated.** Water, juice, clear broth or warm lemon water with honey.
- **Rest.** It is highly recommended you get 8 hours of sleep to help you recover.
- **Relieve pain.** Try either acetaminophen or ibuprofen.
- **Try over-the-counter (OTC) cold and cough medications.**
- **Soothe a sore throat.** A saltwater gargle — 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water — can temporarily relieve a sore or scratchy throat.

MEDICAL ASSESSMENT AND SUPPORT

- If you feel like you need to see a medical professional please contact St. Olaf Health Services at 507-646-6523 during regular business hours. After hours, or on weekends, call NH+Cs Northfield Clinic at 507-646-1494 or if it is an emergency, go to the Emergency Department. For rides to the hospital after clinic/open shuttle hours, call Public Safety at 507-786-3666 to arrange transport in a Safe Ride Van.
 - **Please Do NOT** have your friends drive you. Students can be subject to quarantine based on this action.
 - Call 911 if there is an emergency.
 - Another option is to check with your insurance provider to see if you have telehealth coverage for a virtual medical assessment.

HOUSING

- Stay in your assigned residential space as much as possible.
- Please take the health and safety of the campus population into consideration when leaving your room.

DINING

- Please take your meals from Stav Hall to-go and eat back inside your room.

ACADEMICS

- Please take the health and safety of the campus population into consideration when attending class.

LEARN MORE ABOUT OUR PREVENTION GUIDELINES

stolaf.edu/covid-19