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 →
- 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