

U + THE FLU

Q: Do you have a fever over 100 degrees or chills and a cough or sore throat? (Disposable thermometers are available from Student Affairs, Public Safety and RAs.)

A: Yes, now what?

1: Notify Student Affairs and your teachers (via email) right away!

2: STAY HOME until at least 24 hours after you no longer have a fever. Rest. Stay in bed. Drink fluids to keep from becoming dehydrated.

3: Do NOT go to class. Class absences due to the flu will not lower your grade. (However, students are responsible for making up all missed coursework.)

4: If you live on campus and your family lives nearby, we recommend that you call your parents and go home until you are no longer sick. Self-isolating is the best way to keep from getting your classmates sick. If you cannot go home, try to limit contact with others (roommates and friends) and maintain a distance of at least six feet from people. If contact cannot be avoided, you should wear a surgical mask (available from Public Safety and RAs).

5: Call a health care provider if you are at higher risk for complications (if you are pregnant or have any chronic medical condition) or if your symptoms persist for more than one week. If you do not have your own doctor, you can call Park Nicollet Clinic Urgent Care at (952) 993-3512.

Tips to Staying Healthy:

Wash your hands.

Cover your mouth when you cough or sneeze.

Stay home when you are sick.

Get a flu shot.