

# RESPONDING TO FLU-LIKE SYMPTOMS



## If a medical professional recommends that you isolate for flu-like symptoms:

- Tell your RA or Hall Director.
- Return to your family home for isolation, if possible.
- Tell your roommate and suitemates.
- If isolating in your on-campus room, wear a mask in shared spaces, such as bathrooms, or when interacting with others. Additional masks are available at the reception desk.
- Blankets are available for check out at the reception desk if you need more to keep warm.
- Contact your professors if you will miss class. Taylor Health and Wellness Center will not be providing doctors' notes to give to faculty.

## To request meal delivery:

- Dining Services will prepare meals from a pre-set menu, based on medical advice for foods best tolerated when you're ill.
- Send RA, roommate or friend to the dining center with a student ID. They will gather the items and place in a brown paper bag for delivery or if that is not possible:

- Call the Dining Center to notify them that a meal is required and they will deliver to the reception desk of your residence hall.

### *South Side:*

(Wells, Woods, Freddy, and Blair-Shannon)

- Call Blair-Shannon Dining Center: 417-836-5495

### *North Side:*

(Hutchens, Hammons, Scholars, Sunvilla\*, Kentwood\*, and Dogwood\*)

- Call Garst Dining Center: 417-836-4358

\*For those students without meal plans, cash and/or credit cards are accepted at a cost of \$6.50 per meal.

## If your roommate has been asked to isolate:

- Talk to the Hall Director about your situation. They will assist you with the following:
  - How to clean your space, including door knobs and appliances, with a multipurpose cleaner such as Formula 409 and using antibacterial wipes. Supplies are available from each reception desk.

## Tips for avoiding illness:

- Wash hands often with soap.
- Take advantage of hand-sanitizing stations available throughout campus. It is also recommended that students carry small hand sanitizers in their purses or backpacks to use when not near a hand-sanitizing station.
- Use antibacterial wipes to frequently clean surfaces in your room.
- Avoid touching eyes, nose, and mouth.
- Cough or sneeze into your sleeve, not your hand.
- Get a seasonal flu shot and the H1N1 vaccine.

## For more information on symptoms, please visit Taylor Health and Wellness Center online at:

<http://health.missouristate.edu/66961.htm>.

- Updates will also be provided on this website.



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