

UPPER IOWA UNIVERSITY STUDENT HEALTH SERVICES

PRECAUTIONS FOR SPREADING VIRUSES

Please take the following precautions to minimize the spread of “flu-like” symptoms.

Practice good hand hygiene by washing your hands or using hand sanitizers, especially after coughing or sneezing.

Practice respiratory etiquette by covering your mouth and nose when you cough or sneeze. A mask will be provided upon request.

Avoid touching your eyes, nose, or mouth; germs are spread this way.

Know the signs and symptoms of the flu, such as fever – if the person feels very warm, looks flushed, or is sweating or shivering.

Other symptoms can include: body aches, running/stuffy nose, sore throat, cough, headache, chills, fatigue and sometimes nausea, vomiting or diarrhea.

Stay home if you have the flu or flu-like illness for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (chills, feel very warm, flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (a medicine that contains ibuprofen or acetaminophen).

It is advised that students remain out of class and athletic practice until cleared by a doctor to return to the general population.

To make a doctor appointment, CALL the Office of Student Development, the Fayette Clinic or the West Union Clinic.

DO NOT enter office to make an appointment. Students can also email: solheimk@uiu.edu

IF YOU HAVE THE FLU

Self-report your illness to the Office of Student Development, Complete the Notification of Absence for Flu-Like Symptoms form located at <http://www.uiu.edu/currentstudents/illness/classabsence.html>

Stay home if you have the flu or flu-like illness for at least 24 hours after you no longer have a fever.

Upper Iowa University has made arrangements with a local clinic to provide office call visits for illness evaluations. There is no charge to full-time undergraduate students for office call visits during regular office hours. Services provided include evaluation and management of student illnesses. Students are expected to pay for prescriptions and medications.

Procedures for Clinic Visits

1. Students are asked to contact the Office of Student Development to make an appointment at the clinic. Students can also contact the Gundersen Lutheran Clinic (Fayette & West Union locations) directly.
2. Every effort will be made to see the student on the same day they call.
3. Present your student ID card and insurance card at the clinic.
4. After-hour emergencies should be directed to the emergency room of Palmer Lutheran Health Center, West Union. Cost for emergency services is borne by the student or his/her family insurance provider.

HOURS OF OPERATION

Office of Student Development

Monday thru Friday, 8 a.m. to 5 pm.

Telephone: (563) 425-5215

Email: solheimk@uiu.edu

Gundersen Lutheran Clinics

Fayette Clinic, located on the corner of King & State Street

Monday, Tuesday, Wednesday & Friday – 8 a.m. to 5 p.m.

Thursday, 8 a.m. to 12 p.m.

Telephone: (563) 425-3381

West Union Clinic, 110 Jefferson Street (next to the hospital)

Monday, Wednesday & Friday – 8 a.m. to 5 p.m.

Tuesday & Thursday – 8 a.m. to 8 p.m.

Walk-In Clinic, Monday thru Friday – 1 p.m. to 4 p.m.

Telephone: (800) 822-1141

For health related questions 24/7/365 days a year, people may call a Nurse Advisor at (800) 858-1050 OR (608) 775-4454