

RESPONDING TO *FLU-LIKE SYMPTOMS*



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

- Tell your SA, Community Coordinator, or Hall Director.
- Return to your family home for isolation, if possible.
- Tell your roommate (if you have one).
- If isolating in your on-campus residence, wear a mask in shared spaces such as bathrooms or when interacting with others. Masks are available at the Student Health Center.
- Contact your professors if you will miss class. Student Health Center will not be providing doctors' notes to give to faculty.

To request meal delivery:

- Dining Services will deliver three meals at a time. The pre-set menu is based on medical advice for foods best tolerated when you're ill.
- Apartment students without a meal plan may buy blocks of 25 meals. Contact Student Accounts.
- Sick meal trays can be requested through your Hall Director. You should arrange to have a friend bring it to your room.
- Call Sodexo or your dining hall for questions. Provide your name, hall, room number, and Banner ID.

*Sodexo Campus Dining Services
(main Office): 660-785-4197*

Missouri Dining Hall: 660-785-4196

Centennial Dining Hall: 660-785-4199

Ryle Dining Hall: 660-785-4195

If your roommate has been asked to isolate:

- Clean your space, including door knobs and appliances, with a multipurpose cleaner, such as Formula 409.
- Use common sense in protecting yourself against the spread of germs.

Tips for avoiding illness:

- Wash hands often with soap.
- Use antibacterial wipes to frequently clean room surfaces.
- Avoid touching eyes, nose, and mouth.
- Cough or sneeze into your sleeve, not your hand.
- Get a seasonal flu shot and the H1N1 vaccine when available.

