It is common to see an increase in respiratory infections during this time of year, due to the weather changing as well as an increase in gatherings. COVID-19 is still present in our community, and all of us need to have a plan to protect ourselves from COVID-19 and other respiratory illnesses like a common cold and influenza (flu). Most illness can be prevented from spreading by taking these amazingly simple steps: *CDC (Centers for Disease Control and Prevention) How to Protect Yourself and Others.*

Wash your Hands

Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. If soap and water are not readily available, use hand sanitizer with at least 60% alcohol to clean your hands.

>>Visit CDC Hand Hygiene page

Cover your Cough

If you are not feeling well, please cover your nose and mouth with tissue (or wear a face covering mask) when coughing or sneezing and wash your hands. This helps protect others.

Get Vaccinated

There are vaccines available for both influenza (flu) and COVID-19. Vaccinations are the best course of protecting yourself this season. Getting vaccinated and staying up to date can help decrease the risk of severe illness, particularly in people with a suppressed immune system or other medical conditions.

Develop a Plan

1. In case you get sick, have a plan for when, where and how you will isolate yourself.

2. Know what to do if you start to feel sick. This could include staying home from work or school to limit the spread of illness to others, seeing a doctor, and coordinating with your faculty/supervisor on making up missed work or academic assignments.

3. Have masks, tissues, and hand sanitizer available. Regardless of vaccination status, you should isolate from others when you have COVID-19 or influenza (flu).

4. You should also isolate yourself if you are sick and suspect that you have COVID-19 but do not yet have the test results. CDC (Isolation and Precautions)

>>Visit CDC Isolation and Precautions page

Doctors Notes

Only when you are seen at SHS can documentation be provided that you are ill. SHS will not provide medical information to anyone other than you without your written consent. Students, you will need to contact your professors and instructors if you are ill to make arrangements regarding missed classes and assignments.
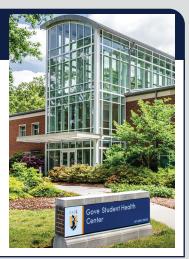
Remember, the UNCG Student Health Center is on campus and ready to support if you get sick.

Please contact Student Health Services at 336-334-5340 to make an appointment. SHS can provide you with care and advice on how to recover. Both COVID-19 and Influenza testing can be performed on site. Vaccines for COVID-19 and influenza are available at Student Health Services; call 336-334-5340 to schedule an appointment.

For the most up-to-date information, please visit our FAQs at Student Health Services.

Help keep our community safe and have a great school year. If you have any questions, please contact SHS.

shs.uncg.edu