

## ***Sent on Behalf of the Student Health Center***

Dear Students:

As temperatures change and cooler weather arrives, the Student Health Center is seeing additional numbers of students who aren't feeling well.

As the end of the semester approaches, the Student Health Center team encourages you to take care of yourselves! While it may feel challenging during a busy time in the semester, eating regular, healthy meals, getting adequate sleep, exercising regularly, and following [community standards](#) are good ways to stay as healthy as possible.

Other precautions to reduce your risk of COVID-19, colds and the flu include:

- Avoiding close contact (within 6 feet, or 2 meters) with anyone outside your household, especially if you have a higher risk of serious illness
- Wearing a face mask in indoor public spaces and outdoors where there is a high risk of COVID-19 transmission, such as at a crowded event or large gathering
- Washing your hands often with soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer that contains at least 60% alcohol
- Avoiding crowded indoor spaces
- Covering your mouth and nose with your elbow or a tissue when you cough or sneeze
- Avoiding touching your eyes, nose, and mouth
- Cleaning and disinfecting daily high-touch surfaces, such as doorknobs, light switches, electronics, and counters
- Getting an annual flu vaccine.

The best way to prevent seasonal allergies is to avoid your known triggers. If you're allergic to pollen, stay inside with windows and doors closed when pollen is high.

Wearing a cloth face mask also might provide some protection against seasonal allergies. Masks can prevent you from inhaling some larger pollen particles. However, smaller pollen particles will still be able to get through a mask. It's also important to wash your mask after each use since a mask might carry pollen particles.

## **COVID-19 symptoms**

While colds and allergies are typical at this time of year, it is also important to monitor symptoms that could indicate COVID-19. Here are some typical symptoms of COVID-19, which students and employees are asked to self-monitor each day via CampusClear:

- Temperature higher than 100.4 or chills
- Cough (dry) or shortness of breath
- Sore throat
- Congestion or runny nose
- Fatigue
- Body aches
- Headache
- Loss of taste or smell
- Diarrhea

### **Cold symptoms**

Common cold symptoms include:

- Cough (typically productive/wet)
- Sore throat
- Congestion or runny nose

**As you can see, many of the symptoms are the same. That is why we recommend being safe and reporting any symptoms to the Health Center if you are uncertain whether you may have COVID or a cold.**

### **Reporting COVID-19 symptoms or exposures**

For the sake of individuals and the entire Meredith community, students need to report all known COVID exposures and symptoms, **regardless of their vaccination status**. Not reporting symptoms or exposures is a violation of Meredith's Community Standards. Students must immediately report to Student Health symptoms and known exposures to a COVID-positive individual. Reports should be made via email to [healthcenter@meredith.edu](mailto:healthcenter@meredith.edu).

If you think you might have signs or symptoms of COVID-19, talk to your doctor. Remember, taking preventive measures can help you stay healthy.

Thank you for your efforts at keeping Meredith's campus community healthy!

Mary Johnson, DNP, FNP-BC, CWP

Director of Health Services