Illness Prevention Alert!

Let’s do all that we can to make Chadron State’s campus as germ free as possible.

What can you do to protect yourself from communicable diseases?

• Wash your hands thoroughly before eating, or after touching your eyes, nose or mouth.
• Cough into the “crook of your arm” to decrease the spread of viruses with your cough.
• Use disposable tissues when sneezing – and dispose of them properly.
• Keep your immune system healthy! Get adequate sleep, water and a variety of healthy foods to help your body develop a strong defense.

PROPER Hand washing is the Number 1 way to prevent the spread of a viral illness.

Proper Hand washing means:

• Using Soap & Water
• Work up a lather and cover all surfaces of your hands, fingers, finger webs, under the nails and even up to your wrists.
• Continue to lather-up for 30 seconds.
• Rinse under running water.
• Turn off the faucet with a paper towel or use your elbow if a paper towel is not available.
How Do I Place My order?
Please do the following

1. Go to http://www.csc.edu/diningservices/dining.csc to view today’s menu.
2. Fill out the order form below.
3. Call CSC Dining, at (308) 432-6734.
4. Send designated person to Dining Hall with your ID.
5. See the Dining Hall cashier for a to-go box.
6. On Saturday, please use The Eagle Grille, as the Dining Hall is closed.

Order Form

- Name of student who is ill:
- Campus address & phone number:
- Name of student who is picking up your order:
- Resident Director’s name:
- Date _____/_____/_____
- Breakfast, Lunch, Dinner (circle one)
- Your requested menu choices from the daily menu or the get well soon menu included:

Get Well Soon Menu
(please check off all that apply)

☐ Apple Sauce
☐ White Rice
☐ Whole Fresh Fruits
☐ Saltine Crackers
☐ Broth Soup
☐ Clear Beverages (Gatorade, Sierra Mist, Apple Juice)
☐ Jell-O

Is it a Cold or is it the Flu?
Cold symptoms could include:

- Sore throat
- Sneezing
- Headache
- Runny nose
- Head Congestion
- Low-grade fever (below 101 F)
- Cough

Influenza (the flu) symptoms include:

- Sudden onset of:
  - Body Aches
  - Headache
  - Cough
  - Fever (usually over 101 F)
  - Extreme fatigue