



STUDENT NAME: \_\_\_\_\_

DATE(S): \_\_\_\_\_

**Please note that the above named student reported an illness or medical condition which is believed to significantly interfere with this person's ability to function academically and/or presented a risk of transmission/infection to faculty, staff or other students. As a result, the student did not attend a required course, job shift, or other event. Students are encouraged to speak with instructors/supervisors directly to ensure compliance with attendance policies and completion of missed work in a timely fashion.**

In most cases, health providers are unable to verify illness beyond an individual's apparent symptoms and self-report. With the flu, for example, the number of possible strains made tests both cost-prohibitive and unreliable. As such, The Health and Wellbeing team works very hard to educate students on the normal course of recovery for a range of illnesses and to teach self-care measures for minor issues like cold and flu. It is ideal for students to self-monitor their ongoing health and adjust their participation in class and campus activity if they feel ill, have a fever, or otherwise present a risk to others. Where students present a risk of spreading communicable disease to you or others, isolation until fever recedes is especially advisable. Low cost thermometers are available at the Student Health Center for self-monitoring temperature, as well as symptom guides for the most common illnesses. Many illnesses such as cold and flu are best managed in a healthy population with basic hydration, rest, and isolation to reduce infection to others. In such cases, a visit to the health center is not only counter-productive for the student who should be recovering, but also increases the chances of infecting others and takes away limited services and adds to the wait-time for other students who may need to be seen for more serious or urgent concerns.

Students who miss a class for a short-term illness from which they are likely to recover on their own are encouraged to talk with faculty directly about making up the work without seeking documentation from the health center. Students are usually given a limited number of absences that will not affect their grade, provided work is completed, for unexpected personal reasons like illness. Students should talk to their instructor immediately upon discovering they will need to miss class, and be careful to restrict their use for only this purpose. Falling ill just before a critical assignment is due or failing to follow treatment recommendations for a long-term issue, is also not to be considered justification for difficulty completing work that was assigned well in advance. Instructors who wish to offer due date extensions at their discretion generally do so minimally. The Health and Wellbeing staff believe there is critical knowledge and interaction that can only be obtained in class, and students should attend class whenever safe to do so. The student health center offers services at various times throughout the day, most business days when school is in session, and we suggest students schedule their appointments around their class schedule. Few concerns which do not require an emergency room visit are so urgent they can't be scheduled within the next day or two when a student is not in class. Our website gives hours and students can call anytime to schedule: <https://wellbeing.humboldt.edu/>

Individuals who use all of their absences because they suffer repeated, unexpected illness, or who have longer-term chronic illnesses which require specialists (the campus health center is a short-term primary care facility staffed with generalists) or short-term disabilities with documentation from an external provider, should be in contact with the disability services office, as well with faculty and the Dean of Students office, to ensure accommodations are appropriate. Faculty contacting The Dean of Students office directly is also encouraged when you are concerned about a student's ongoing physical or mental health. This piece of paper is not evidence of an assessment or documentation of a disability. Students should also note full-term emergency medical leaves are based on functional impairments related to major, unforeseen medical condition, and will not be given retroactively or for undocumented chronic concerns.

**State and federal laws as well as and ethical guidelines prevent health center staff from discussing an individual patient's case with others, including instructors and employers.** Please do not use email for urgent or confidential information. If symptoms get rapidly worse, or in an emergency please call 911 or visit the nearest Emergency Room. Thank you for your understanding and support for our campus health. It is an honor for our staff to serve this campus community, and we are happy to help or consult whenever possible! Students and faculty may also find these resources helpful:

Student Health & Wellbeing Services  
Medical Services: 707-826-3146  
Counseling Services: 707-826-3236  
24/7 Suicide Prevention Lifeline: 800-273-8255

Dean of Students: 707-826-3504  
Disability Resources: 707-823-4678  
24/7 Nursing Advice: 877-256-3534