



## IF YOU ARE SICK

**If you become ill or sick while on campus, you need to follow the steps below:**

Call and leave a message on the absent student line: 907-422-7179. A counselor will return your call.

1. Review the following list of symptoms:
  - a. Fever or chills
  - b. Cough
  - c. Shortness of breath or difficulty breathing
  - d. Fatigue
  - e. Muscle or body aches
  - f. Headache
  - g. New loss of taste or smell
  - h. Sore throat
  - i. Congestion or runny nose
  - j. Nausea or vomiting
  - k. Diarrhea
2. If you have ANY of the above symptoms, go to: <https://virtual.providence.org/> (accessible through Chrome) complete the 'Coronavirus Assessment Tool' and follow the suggested recommendations **OR** contact your medical care provider immediately and let them know your symptoms and situation as a student at AVTEC. If you do not have one, please contact one in Seward:
  - a. Seward Community Health Center 907-224-2273
  - b. Providence Emergency Center 907-224-5205
  - c. Glacier Family Medical Center 907-224-8733
  - d. NorthStar Health Clinic (for Alaskan Native students) 907-224-3490
3. You will need a note (paper or electronic) from the medical staff showing when you are cleared to return to class or any guidelines for isolation/quarantine.
4. You will need to follow the medical staff's advice/recommendations for care and isolation if necessary.
5. If you are required by medical staff to miss additional class time, we will work with you to contact your instructor and Residence Life staff to relay the time frame as well as the doctor's note.

If you need assistance to obtain a ride, appointment, or other, please contact the residence staff at 907-362-1645