

Dear Student:

We have been notified that your room/suitemate has recently become ill. Although we have asked students who are ill to isolate themselves, we encourage room/suitemates to continue attending classes unless you begin to display flu-like symptoms. We also encourage you to practice good hygiene: wash your hands frequently or use hand sanitizer, wipe down common spaces with disinfectant wipes, clean bathrooms thoroughly, etc.

If you begin feeling ill, we recommend you contact UMKC Student Health and Wellness (235-6133) or other primary health care provider to make an appointment. Anyone with a chronic health condition may be at higher risk and should be seen by a health care professional as soon as possible.

To limit exposure of symptoms to other people, we encourage ill students to make arrangements to go home, if possible, or stay in their room until they have been fever-free for 24 hours without the assistance of fever-reducing medications.

Resources available for your assistance:

- Disinfectant Cleaning Buckets – these can be checked out at the front desk for roommates or suitemates who want to clean their rooms and bathrooms to prevent the spread of illness.
- Food for Friends – contact your RA for more information about this program. Residential Life staff will be working with other residents to provide meals to those students who are isolating themselves during illness.
- Additional Help – if your sick roommate needs items from the Convenience Store in the basement of Oak Street Residence Hall, students and staff may be available. Contact the front desk of your residence hall for assistance.

Faculty have been alerted to the issue of spreading illness and have been asked to work with you during this flu season as needed. Please notify your instructors as soon as possible if you become sick:

- Consult your syllabus for absence policies and instructor contact information.
- Contact instructors by phone or email and inform them you are sick and will be missing class.
- Clarify how and when you will be able to make up any missed class work while you are sick.
- Confirm if they will need a note to verify your illness and excuse your absence.

If you need assistance contacting your professors, please talk with the Residential Life staff, and they will do what they can to help you.

Helpful Contact Information:

- UMKC Health and Wellness: 816-235-6133
- UMKC Helpline: 816-235-2222 or umkc-helpline@umkc.edu
- Oak Street Hall Front Desk: 816-235-8400
- Johnson Hall Front Desk: 816-235-2800
- Oak Place Front Desk: 816-235-5140

Sincerely,
UMKC Residential Life Staff