

**Be  
well**

## What to do when you are sick at college.

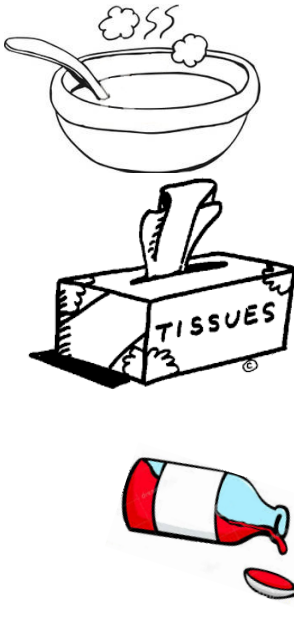
Rosemont College  
**Wellness Center**  
Monday Through Friday  
9:00 a.m to 4:00 p.m



### Self Treatment

Get Plenty of Rest, eat properly, and drink fluids. You will run yourself down if you do not have enough rest. Taking naps during the day between classes is a way of getting more sleep.

- Have over the counter cold medicine on hand
- Take your temperature.



### Come visit us at the Wellness Center

We are located in the basement of the Immaculate Conception Chapel

**Our hours are:**

**Monday through Friday  
9 am to 4 pm**

### The Wellness Center is able to:

- Perform rapid strep A testing and urine testing
- Provide some over the counter medication
- Request a “sick” meal from dining services e.g. soup, jello, tea etc.
- Develop an individual plan of care
- Make an appointment with our physician on campus, at no cost

### Contact your RA

Let them know you are not feeling well. It is always good to have other people looking out for your well-being.

### Contact your Professors

If you think you have to miss a class, email your professor to give them a heads-up.

### Contact your classmates

Ask your classmates to get classnotes and assignments for you so that you do not fall behind in your work.

### Be a good citizen

If you are sick, it is important to try not to spread your illness to other people on your floor. Stay in your room and wash your hands frequently. Wash your sheets, pillowcases, and your towels to help keep germs from spreading.

**For more information on the Wellness Center: [www.rosemont.edu/wellnesscenter](http://www.rosemont.edu/wellnesscenter)**