Self-Care Note

The University Health Center encourages students to use self-care to treat self-limited illness unless medical care is indicated. Self-limited illnesses are healed by the body’s immune system and usually do not require a visit to a medical provider. This type of illness is often referred to as needing to

“run its course”. Even though these illnesses are self-limited they can still be contagious and can make a person feel quite sick. Treatment for these illnesses include self-care for symptoms, limiting spread to others and understanding when to seek medical care. Promoting self-care educates students about how to care for themselves and to be good stewards of health care resources.

I (name) have reviewed the self-care information provided by the University Health Center. My current symptoms are consistent with a self-limited illness.

In order to prevent spread to others, I was unable to attend

(event/class/activity) on the following date(s) due to (check all that apply):

Fever over 100 degrees Fahrenheit within 24-hours of event/class/activity Acute vomiting/diarrhea

Drainage from eye(s) due to pink eye (conjunctivitis)\*

*\*only pertains to those that work in health care, food service and/or child care.*

Decline to disclose symptoms (see below regarding Honor Code)

Other (please specify):

By signing this form I verify that the information provided above is accurate. I understand that falsifying this information would be a violation of the JMU Honor Code and may result in penalties.

(student’s printed name)

(student’s signature) (date)

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