

Appendix V

Health Care and Wellness Policy

In an effort to aid in the overall health of students, staff and faculty members, the following recommendations are given:

PREVENTION OF ILLNESS

1. Try to obtain flu shot on a yearly basis.
2. Wash hands frequently. Carry a hand sanitizer with you, especially during cold and flu.
3. seasons.
4. Avoid sharing utensils, cups and other items when you or another is ill.
5. Avoid shaking hands when you or another is ill.
6. Do not attend classes when ill (see guidelines below).
7. Avoid losing sleep when possible.
8. Exercise regularly.
9. Maintain healthy nutrition.

REASONS TO STAY HOME FROM CLASSES OR WORK

1. Fever of 101 or above, especially with onset of symptoms such as cough, sore throat, muscle aches.
2. Onset of 'common cold' with sneezing, cough, runny nose. **
3. Onset of gastrointestinal symptoms of diarrhea and/or vomiting.
4. Onset of severe sinus infection.
5. Flu symptoms of weakness, muscle aches, fatigue.
6. Severe sore throat, especially with fever.
7. Onset of productive cough with 'colorful sputum'.
8. Conjunctivitis (pink eye).

**In general, the first 24 to 48 hours are most contagious. It is also important that the ill person heals; rest is essential.

REASONS TO SEEK MEDICAL EVALUATION

1. Any significant symptoms that are worsening or not resolving.
2. Persistent high fevers.
3. Severe sore throat with fever (to rule out Streptococcal infection).
4. Productive cough with fever or persistent for several days.
5. Shortness of breath or chest pain (REQUIRES MEDICAL ATTENTION).
6. Severe headache or abdominal pain.

**This list is not exhaustive: call or see a medical provider with any significant concerns.

Seminarists: When ill, email the Dean of Men when you must miss class or formation activities.

LITURGICAL CONSIDERATIONS

When suffering from an illness please refrain from the following:

1. Sitting close to others.
2. Receiving Holy Communion from the chalice.
3. Receiving Holy Communion on the tongue.
4. Exchanging the Sign of Peace.