General Information

COVID-19 Guide
A Message from Health & Wellness Services

Your wellness is our top priority. Health & Wellness Services is here to help you stay healthy and safe in this unique and challenging time. We’re here for all of your health needs all year long. We offer telehealth appointments as well as on-campus appointments as needed.

As the school year starts, remember to “lay low” the first two weeks to help prevent the spread of COVID-19. While we all want you to continue to have fun, protecting yourself against Coronavirus is more important. Here are some tips to keep in mind:

- Wash or Sanitize Your Hands Frequently
- Maintain Physical Distance of at Least 6 Feet Apart
- Wear your Face Mask
- Avoid Touching Your Face

Let it be known that WSU’s Health & Wellness Services welcomes and appreciates everyone regardless of race, creed, religion, country of origin, documentation or sexual orientation.

Let it be known that at WSU’s Health & Wellness Services you are valued not despite your differences but with full appreciation of your differences.

Let it be known that at WSU’s Health & Wellness Services you are safe, protected and not judged.

Let it be known that WSU’s Health & Wellness Services stands with you not just when there is a horrible incident that makes the news but day to day with all that you face, during the challenges that only you may know, we stand by you.
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WSU students, faculty, staff & visitors are expected to fill out this self-assessment daily.

This self-assessment offers the best guidance on the next steps you should take based on your symptoms.
Answer the Call

Know the Lingo

Contact Tracing: Public health staff begin contact tracing by notifying exposed people (contacts) of their potential exposure as rapidly and sensitively as possible, not revealing the infected patient’s identity.

Case Investigation: Public health staff work with a patient to help them recall everyone they have had close contact with during the time they may have been infectious.

Contact Support: Contacts are provided with education, information, and support to help them understand their risk, what they should do to separate themselves from others who are not exposed, and how to monitor themselves for illness. In addition, they are informed of the possibility that they can spread the infection to others even if they do not feel ill.

Self-Quarantine: Contacts are encouraged to stay home, monitor their health, and maintain social distance (at least 6 feet) from others until 14 days after their last exposure to the infected patient, in case they also become ill.

Contact tracers will ask for personal information such as your birthday and where you live. They will NEVER ask for sensitive personal information such as credit card information or social security number.

If you have been in close contact with someone who has COVID-19, a public health worker may call you to inform you that you’ve been exposed to a confirmed case.

If you are diagnosed with COVID-19, a public health worker may call you to check-in on your health, discuss who you’ve been in contact with, and ask where you spent time while you may have been infectious.
Everyday ESSENTIALS

Keep your face mask on you at all times!
The CDC strongly recommends the use of cloth face coverings to help prevent the spread of COVID-19.

Keep hand sanitizer close by!
The CDC recommends the use of hand sanitizer with an alcohol content above 60%.

Keep extra wipes near by!
H&WS recommends keeping wipes with you to help sanitize shared spaces and high touch surfaces.

Bring water with you!
H&WS recommends bringing a full water bottle to your classes to avoid high touch surface areas such as water fountains.

Don’t forget snacks!
H&WS recommends bringing healthy snacks with you to your classes that overlap meal times. This can help avoid unnecessary trips to the vending machine, which is another frequently touched surface.

PRO TIP: Keep these items in your backpack!
Face coverings are recommended, even when physical distancing is possible, inside ALL residence halls.

Face coverings are required inside all buildings, outdoor campus grounds, & high traffic areas.

Health & Wellness Services recommends keeping your mask with you at all times.

Face coverings are optional when you are alone outdoors and physical space is easy to maintain.

Face coverings are optional when you’re alone in personal spaces such as car, office, or room.
**Dos & Don’ts of Wearing a Face Mask**

**DO:** Cover your mouth, nose, and chin

**DON’T:** Have your mouth or nose exposed

**DO:** Remove face mask by holding only the ear loops.

Remember to wash or sanitize your hands after removing your mask.

Wash mask & replace filter after each use.
**Everything You Need to Know When Shopping for a Cloth Face Mask**

### 3-Layer Masks

**Layer 1** (outer layer)
Non-absorbent (hydrophobic) material such as **polyester** or **poly-blend**.
This helps to keep other airborne particles from coming into your mask.

**Layer 2** (middle layer)
Filter layer made of synthetic (hydrophobic) material or fibers such as **nylon**.
This acts as a barrier to help prevent particles from coming in and going out.

**Layer 3** (inside layer)
Absorbent (hydrophilic) material such as **cotton**.
This helps to absorb particles coming out.

### 2-Layer Masks with Filters

Filters help boost effectiveness of the mask. The filter should be "sandwiched" between the outermost and innermost layers.

**Types of Filters**
- HEPA Filters
- Carbon Filters
- Coffee Filters

**Homemade Filter**
Use a piece of synthetic (hydrophobic) material such as; nylon, polyester, acrylic, or spandex.
Remember to wash or replace filter after each use.

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### Do you Wear Glasses?

Look for masks that have a nozzle wire. This will provide a more "snug fit" and help decrease the amount of air coming out.

Place your glasses **OVER** the face mask to help prevent fogging.

Apply anti-fog spray to your glasses or wash with soapy water. This adds a protective barrier to your glasses that helps prevent fogging.

Glasses still fogging up? Use medical tape to tape the mask onto your face.

### Best Shape of Mask

Cone style masks that form to your face provide the most amount of protection.

Look for masks with a nose wire to provide a more "snug fit" to the face.

Check product dimensions on sizes to find the correct size to purchase.

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### Test Your Mask

**Flashlight Test**
Can the light shine through my mask?

**Candle Test**
Can I blow out a candle with this mask?

If you can’t shine a light through or blow out a candle your mask has enough layers!

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**What types of face coverings are NOT recommended?**

Avoid neck tubes, scarves, bandannas, and exhalation valves as they have not been proven to be more effective. Exhalation valves pose a risk of increased particles going in and out of the mask.
Low Risk

Delivery
Ordering food with contactless delivery or cooking a meal at home.
Ordering packages online.
Pumping gas with mask on. Wipe down the gas pump before and after use, pay at the pump and sanitizing hands after use. Wash your hands when you return home.
Getting medications delivered to you by a pharmacy.
Using online banking whenever possible. Several banks have apps that let you make transfers and deposit checks.
Paying for your items virtually through an online shop or order.

Moderate Risk

Pick-Up
Picking up food from a restaurant or going through a drive-thru.
Using curbside pickup for essential shopping.
Pumping gas with mask on. Wipe down the gas pump before and after use, and pay at pump.
Using the pharmacy drive-thru to get medication.
Using bank ATMs. Wipe down the machine and buttons before and after use, and wash or sanitize hands after returning home.
Paying in person with a contactless card—sanitizing hands after payment.

Higher Risk

Outdoor
Eating outdoors at a restaurant.
Going into a store with a mask on. Wipe down shopping cart and washing hands before entering and after leaving.
Pumping gas without wiping down the pump and paying inside.
Going into the pharmacy with a mask on to get medication.
Going through a bank drive-thru—wiping down canister and sanitizing hands after leaving.
Paying in person with a card using the keypad and sanitizing hands after payment.

Highest Risk

Indoor
Eating indoors at a restaurant or drinking at a bar.
Going into a store without a mask on.
Pumping gas and paying inside without mask on.
Going into the pharmacy without a mask on.
Going into the bank without a mask on.
Paying in person with cash.

Information approved by H&WS Medical Staff
### Low Risk

- **Virtual**
  - Calling or FaceTiming a friend.
  - Playing video games with friends using Discord.
  - Hosting a Zoom game night.
  - Starting a book club.
  - Hosting a Netflix watch party.
  - Making a playlist for you and a friend.
  - Finding virtual concerts and have a dance party with roommates.
  - Hosting a virtual study session with classmates.
  - Text messaging games such as Game Pigeon.
  - Writing to a pen pal.
  - Compete with friends on TikTok to see who can get the most likes.

- **Outdoor**
  - Meeting up with a friend outdoors while wearing a mask.
  - Playing low-contact sports such as golf or frisbee.
  - Going on a hike with your roommates or family.
  - Enjoy a day on the lake! Go fishing, kayaking, or canoeing.
  - Playing hide and go seek.
  - Hammocking at a local park.
  - Participating in a virtual 5K.
  - Going camping in a remote location for 1-2 nights.
  - Swimming in a personal pool.
  - Hanging out with housemates.

### Moderate Risk

- **Small Gatherings**
  - Visiting a friend in their home.
  - Attending a backyard BBQ or campfire.
  - Hosting a game night.
  - Having a bonfire.
  - Hosting a spa night with friends that you don’t live with.
  - Attending to a outdoor drive-in movie or event.
  - Having a picnic with friends.
  - Spending 1-3 nights at a hotel or Air B&B in a small town.
  - Visiting the local parks.
  - Swimming at the beach—keeping an appropriate distance and wearing a mask.

### Higher Risk

- **Large Gatherings**
  - Staying at a friend’s house overnight.
  - Going to a bar or dance club.
  - Eating at an indoor restaurant with a group of friends.
  - Throwing a party.
  - Playing high-contact sports such as volleyball or football.
  - Swimming at crowded beaches or water parks.
  - Going to the movie theater.
  - Shopping at an indoor mall with friends.
  - Attending an indoor concert or live music event
  - Attending sporting events.
  - Traveling out of town and visiting tourist destinations for a week.
**Essential Travel: The Basics**

1. **Stay Home When Appropriate**
   - People who are sick or have recently had a close contact (closer than 6 feet for at least 15 minutes regardless of mask) to a person with COVID-19, should not use public transportation and should stay home except to seek medical care.
   - Airlines and trains may offer you a waiver, call to see what is possible.

2. **Practice Respiratory Etiquette**
   - Wear a cloth face covering when physical distancing is difficult. Cloth face coverings are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms. Follow the CDC’s recommendations on face masks and avoid neck tubes, scarves, and bandannas.
   - Avoid touching your face, eyes, nose & mouth with unwashed hands.
   - Cover your mouth & nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you do sneeze or cough, sanitize your hands immediately after.

3. **Practice Good Hand Hygiene**
   - Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available. The CDC recommends at least 60 percent alcohol concentration to maximize effectiveness.
   - Carry hand sanitizer with you and keep it close by throughout your travel.

4. **Practice Physical Distancing**
   - During travel, keep at least 6 feet (2 meters) from people who are not in your household. Follow signage guidelines in the airport, on the plane, at the bus stop, or on a rideshare app.

Information sourced from CDC & H&WS Medical Staff July 2020
1. Keep a face covering on for the entirety of the ride.

2. If possible, wipe down your seat, seatbelt, door handles and other frequently touched surfaces before the ride starts.

3. Handle all of your personal belongings.

4. Physical distance yourself in the vehicle and sit apart from others. If you are using rideshare, sit in the backseat on the passenger side—diagonally behind the driver.

5. Keep windows open or air on in the vehicle when possible.

6. Avoid contact with sick people. If you notice that someone around you is exhibiting symptoms of COVID-19, distance yourself as much as possible.

7. You may get off the bus at the next stop and wait for another bus, or ask your ride share driver to stop the car and order another ride.

Upon your return...if you develop signs or symptoms of COVID-19 after you get home from a trip, self-isolate & call Ask-A-Nurse.
Traveling with Others
7 Tips for On the Ride

1. Keep a face covering on for the entirety of the ride.
2. If possible, wipe down your seat, seatbelt, door handles and other frequently touched surfaces before the ride starts.
3. Handle all of your personal belongings.
4. Physical distance yourself in the vehicle and sit apart from others. Sit in the backseat on the passenger side—diagonally behind the driver.
5. Keep windows open or air on in the vehicle when possible.
6. If you are returning home to quarantine or isolate, limit the number of passengers, wear a mask, distance yourself from others as much as possible, and sanitize hands often.

Stay in the vehicle until you have reached your final destination. Try your best to make it home without any stops.

7. Upon your return...if you develop signs or symptoms of COVID-19 after you get home from a trip, self-isolate & call Ask-A-Nurse.

Travel Checklist
Keep these items close by during all times of travel:
- Sanitizing Wipes
- Hand Sanitizer (60% alcohol)
- Cloth Face Covering
- Food & Water
The CDC recommends cleaning and disinfecting frequently touched surfaces daily. This includes tables, light switches, door knobs, counter tops, handles, desks, toilets, faucets, and sinks. E-surfaces include phone, remotes, controllers, and keyboards.

6 STEPS FOR SAFE & EFFECTIVE DISINFECTING AGAINST COVID-19

1. **Check that your product is EPA-approved**
   Find the EPA registration number on the product. Then, check to see if it is on the EPA’s list of approved disinfectants at: [epa.gov/listn](http://epa.gov/listn)

2. **Read the Directions**
   Follow the product’s directions. Check “use sites” and “surface types” to see where you can use the product. Read the “precautionary statements.”

3. **Pre-Clean the Surface**
   Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.

4. **Follow the Contact Time**
   You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

5. **Wear Gloves & Wash Your Hands**
   For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.

6. **Lock It Up**
   Keep lids tightly closed and store out of reach of children and pets.

Cleaning removes dust, debris, and visible dirt from a surface by scrubbing, washing, and rinsing. Disinfecting destroys or inactivates both the bacteria and viruses identified on the product’s label (like influenza and SARS-COV-2) on hard surfaces.
Close contact is being within 6 feet of a positive case for 15 minutes regardless of if a mask was worn.

What should I do if...
I’ve been in close contact with someone...

...who is being tested?
Be extra aware and mindful while waiting for their results, in case of need to quarantine.

...who has tested positive for COVID-19?
Quarantine for 14 Days since last contact, Self-Monitor AND Get Tested.
Continue to quarantine for 14 days regardless of YOUR test result.

If you become symptomatic, isolate 10 days from onset of symptoms AND 24 hours fever free.

...who is a close contact of a positive case...
...and IS experiencing symptoms?
Self-Monitor, Practice Physical Distancing, Wash Hands & Wear a Mask.
Be extra aware and mindful while waiting for their results, in case of need to quarantine.

...who has been in close contact with someone ELSE who might have been exposed?
Continue to Practice Physical Distancing, Wash Hands, & Wear a Mask.

...who has tested negative for COVID-19?
Be extra aware and mindful while waiting for their results, in case of need to quarantine.

...and IS NOT experiencing symptoms (yet)?
Self-Monitor, Practice Physical Distancing, Wash Hands & Wear a Mask.

COVID Symptoms Include:
fever, cough, shortness of breath, chest pain, sore throat, loss of taste or smell, headache

High Risk
Moderate Risk
Low Risk

Information sourced from: MIT Medical and H&WS Medical Staff July 2020
COVID Symptoms Include: fever, cough, shortness of breath, chest pain, sore throat, loss of taste or smell, headache

Am I experiencing symptoms of COVID-19?

Quarantine
asks healthy people to stay home to avoid becoming sick.

Isolation
asks a sick person to stay home and separate themselves from others, including people in their household.

If you have symptoms, please isolate for 10+ days since the onset of symptoms AND until you are fever-free for 24 hours without using fever-reducing medication.

Students call Ask-A-Nurse & Employees call your local clinic and go in to get tested. Do not use public transportation or rideshare to get to the clinic.

WHILE IN ISOLATION...
- Stay home and do not go out into public
- Stay away from people in your home as much as possible
- Wear a facemask during every interaction with your care taker
- Avoid sharing personal household items such as bedding, towels, and dishes

Information sourced from: CDC, MDH, and H&WS Medical Staff July 2020
If you have tested negative for COVID-19...

Continue to quarantine for 14 days since symptoms started. Quarantine separates and restricts the movement of people who were exposed to contagious disease to see if they become sick.

During your 14 days of quarantine, stay home as much as possible. Limit your outings into public and interactions with others.

You are still able to run essential errands such as getting groceries, medicine, or going to the bank. We recommend using online shopping and curbside pick up to help reduce the spread.

If you do need to go out into public, practice physical distancing of stay 6 feet (2 meters) apart, wear a mask, wash your hands often, and avoid touching your face.

If you have tested positive for COVID-19...

You must isolate for 10+ days since symptoms started and symptoms are improving, AND until you are fever free for 24 hours without the use of fever reducing medicine (Tylenol & Ibuprofen). Isolation separates sick people with a contagious disease from people who are not sick.

Isolation means that you are in your room alone, and only in contact with your caretaker(s). Use online shopping and contactless delivery to get your essential needs.

Expect a confidential call from a contact tracer who will ask for some personal information such as birthday and where you live. They will never ask for sensitive information such as credit card number or social security number. Please answer the phone.

Consume adequate fluid and nutritional intake as tolerated. Take Tylenol or Ibuprofen for pain as needed and get plenty of rest.

If you are living in the dorms, Housing and Res Life has plans in place if you need to isolate. Dining services will deliver meals to you.

If you are experiencing symptoms of COVID-19, call Ask-A-Nurse at 507.457.2292.

From that call, you will be given advice from a nurse on if you are recommended to come in for testing. Depending on the results of your test, you will be given more health guidance and education on what your next steps should be and how to combat symptoms.

Seek emergency care and call 911 if you are experiencing the following:

- Trouble Breathing
- Persistent Pain or Pressure in the Chest
- New Confusion
- Inability to Wake or Stay Awake
- Bluish Lips or Face

What happens if I am experiencing symptoms of COVID-19?

COVID-19 Symptoms

People with COVID-19 have a wide range of symptoms ranging from mild to severe. Symptoms may appear 2-14 days after exposure to the virus.

- Fever (100.4°F/38.1°C) or Chills
- Congestion or Runny Nose
- Muscle or Body Aches
- Loss of Taste or Smell
- Nausea or Vomiting
- Shortness of Breath
- Difficulty Breathing
- Fatigue
- Cough
- Headache
- Diarrhea

If you have tested positive for COVID-19...

If you have tested negative for COVID-19...
Isolation asks a sick person to stay home and separate themselves from others, including those within their household.

The technical definition of isolation is that one who is sick a contagious disease separates themselves from people who are not sick.

What does this mean?

1. **Stay home and do not go out into public.**
   This means not leaving your house for an extended period of time. Use contactless delivery to get your essential needs, food and meals.

2. **Stay away from other members in your household.**
   This means staying in your room or designated zone within your household, and not roaming around the house or residence hall.

3. **Avoid sharing personal items.**
   Do not share any personal items with others within your household. Designate a separate set of blankets, pillows, sheets, towels, dishes, cups, and utensils for someone who is ill.

4. **Wear a mask during every interaction with your caretaker.**
   You will most likely be having someone checking in on you while in isolation. Remember to wear your mask and keep as much physical distance as possible during every interaction with your caretaker.
Isolation Safe Activities

If you become ill with COVID-19, you may be asked to self-isolate for an extended period of time. Here is a list of recommended activities that are safe for isolation to help keep you sane.

1. Color in a Coloring Book
2. FaceTime or Zoom a Friend
3. Read a Book
4. Binge Watch a New TV Show
5. Call a Relative
6. Practice Self-Care by Taking a Bath
7. Treat Yourself to a Spa Night with a Manicure or Cleansing Face Mask
8. Watch a Virtual Concert
9. Play Video Games with Friends using Discord
10. Host a Zoom Game Night with Friends
11. Write to a Pen Pal
12. Watch a Live Stream on Twitch
13. Listen to a New Podcast
14. Make an Isolation Playlist
15. Do a Puzzle
16. Learn a New Skill such as Crocheting
17. Teach Yourself New Language such as Sign Language
18. Practice Meditating or Stretching
19. Watch a Ted Talk
20. Virtually Visit a Museum or Tourist Destination
Quarantine asks healthy people to stay home to avoid becoming sick.

The technical definition of quarantine is that it separates and restricts the movement of people who are in close contact of a contagious disease.

What does this mean?

1. **Stay home as much as possible.**
   Only leave your house to run essential errands such as getting groceries or other essential supplies. Limit travel for only essential needs or to relocate to a different quarantine site.

2. **Physical distance yourself from others.**
   Stay 6 feet apart from others while running essential errands. Stay away from others within your household. Do not invite others into your home or visit others in their home.

3. **Wear a mask.**
   Wear a mask while running essential errands and in spaces where physical distancing is difficult.

4. **Wash or sanitize hands often.**
   Wash your hands for 20 seconds with soap and running water often. When hand washing is not available, use hand sanitizer with at least 60% alcohol content.

5. **Avoid touching your face.**
   Avoid touching your face, especially eyes, mouth, nose, and ears with unwashed hands. If you have glasses, this may help act as an extra barrier of protections and may help you avoid touching your face.

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**Health & Wellness Services**

**ASK A NURSE MESSAGE LINE**

WSU Health & Wellness Services

507.457.2292
Quarantine Safe Activities

If you become exposed to COVID-19, you may be asked to self-quarantine for an extended period of time. Here is a list of recommended activities that are safe for quarantine to help keep you sane.

1. Color in a Coloring Book
2. FaceTime or Zoom a Friend
3. Read a Book
4. Binge Watch a New TV Show
5. Make a Throw-Back Playlist and Host Your Own Sing-A-Long
6. Practice Self-Care by Taking a Bath
7. Treat Yourself to a Spa Night with a Manicure or Cleansing Face Mask
8. Watch a Virtual Concert & Have a Dance Party
9. Play Video Games with Friends using Discord
10. Host a Zoom Game Night with Friends
11. Practice Yoga
12. Attend a Virtual Work-Out Class
13. Teach Yourself a New Recipie
14. Compete with Friends on Tik Tok to See Who Can Get the Most Likes
15. Make a Bucket List
16. Get Organized and Declutter Your Wardrobe
17. Re-Arrange the Furnature in Your Room
18. Do a DIY Project
19. Get Creative with Painting
20. Get Baking and Make Some Cookies

Health & Wellness Services

ASK A NURSE MESSAGE LINE
507.457.2292
Local Winona Businesses
Curbside Pick-Up and Delivery

**Essential Needs Curbside Pick-Up**
Order groceries and essential needs online for curbside pick-up.

- **Walmart**
  955 Frontenac Drive
  www.walmart.com

**Essential Needs Curbside Pick-Up & Delivery**
Order groceries and essential needs online for curbside pick-up or at home delivery.

- **Hy-Vee**
  1475 W Service Drive
  www.hy-vee.com/grocery/

- **Menards**
  1075 Frontenac Drive
  www.menards.com

- **Target**
  860 Mankato Ave
  www.target.com/sl/winona/1096

**Delivery & Carry Out Meals**
Call in or order meals online to be delivered to your door.

- **Dominos**
  1201 Gilmore Ave | 507.454.4545
  www.dominos.com

- **Erberts & Gerberts**
  101 West 3rd Street | 507.474.3727
  www.erbertandgerberts.com

- **Jimmy Johns**
  940 Frontenac Drive #105 | 507.474.4444
  www.jimmyjohns.com

- **Pizza Hut**
  1630 W Service Drive | 507.454.5193
  www.pizzahut.com

- **Toppers Pizza**
  129 East 3rd Street | 507.961.1100
  www.toppers.com

- **ZaZa’s Pizza**
  529 Huff Street | 507.452.9292
  www.zazas.com

Living on Campus with a Meal Plan?
Order food for pick-up from Chartwells Dining Services with the mobile app.
Download GET today!

WSU Health & Wellness Services
507.457.2292

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Order groceries and essential needs online for curbside pick-up.

- **Walmart**
  955 Frontenac Drive
  www.walmart.com

**Essential Needs Curbside Pick-Up & Delivery**
Order groceries and essential needs online for curbside pick-up or at home delivery.

- **Hy-Vee**
  1475 W Service Drive
  www.hy-vee.com/grocery/

- **Menards**
  1075 Frontenac Drive
  www.menards.com

- **Target**
  860 Mankato Ave
  www.target.com/sl/winona/1096

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