

# WSU Covid-19 Safety Tips

Sponsored By Enrollment Management and Student Life

**Individual  
Action**

**Be  
Engaged**

**Exercise  
Care**

**Stay  
Informed**

**Student  
Worker**

**Practice  
Self-Care**

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## INDIVIDUAL ACTION

- When possible, practice social distancing.
- The use of well-fitted masks is highly recommended.
- Please call Ask-a-Nurse or fill out the [self-report](#) form for a COVID-19 test if you are experiencing symptoms or have been exposed.
- COVID-19 vaccines are available to all WSU students and employees in the IWC COVID Nook Mon-Fri from 10-11:30am & 2:30-4pm. No appointment necessary.
- Wash your hands frequently, cover your cough or sneeze, and clean & disinfect frequently touched objects and surfaces.

## CONNECT FOR HELP

- WSU Health Services: 507.457.5160
  - Connie Kamara, *Director of Health Services*,  
ckamara@winona.edu
- Ask-a-Nurse
  - Call 507.457.2292
  - Email: askanurse@winona.edu
  - [Click here for more information](#)
- WSU Counseling Service
  - Call 507.457.5330
  - Email: counselingservices@winona.edu

REMAIN HEALTHY.

BE SAFE.

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## BE ENGAGED

- Connect to student services available for all academic accommodations.
- Engage with distance learning with assistance from Teaching, Learning, and technology.
- Stay informed with protocols and procedures put in place by Housing & Residence Life.
- Visit [Ask WSU](#) For important announcement's, trending searches, and WSU COVID-19 FAQs.

## CONNECT FOR HELP

- Warrior Success Center
  - Call 507.457. 5878
  - Email: [warrior\\_success\\_center@winona.edu](mailto:warrior_success_center@winona.edu)
- Teaching, Learning and Technology
  - Call 507.457.5305
  - Email: [tlt@winona.edu](mailto:tlt@winona.edu)
- Housing & Residence Life
  - Call 507.457.5305
  - Email: [housing@winona.edu](mailto:housing@winona.edu)
- Ask WSU
  - Call 507.457.2800
  - Email: [warriorhub@winona.edu](mailto:warriorhub@winona.edu)

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## EXERCISE CARE

- The most immediate goal right now is the health and safety of the communities you care about, and your successful completion of the 2021-2022 academic year.
- The WSU faculty, staff and administrators are unwavering in their commitment to deliver exceptional service.

## CONNECT FOR HELP

- Financial Aid
  - Call 507.457.5090
  - Email: [financialaid@winona.edu](mailto:financialaid@winona.edu)
- Warrior Hub
  - Call 507.457.2800
  - Email: [warrorhub@winona.edu](mailto:warrorhub@winona.edu)
- Dean of Students
  - Call 507.457.5300
  - Karen Johnson, *Dean of Students*,  
[kjohnson@winona.edu](mailto:kjohnson@winona.edu)

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## STAY INFORMED

- For up to date information monitor the Winona State University homepage ([www.winona.edu](http://www.winona.edu)) and click on the WSU-COVID-19 spotlight.
- WSU Connect a mobile app recently adopted by WSU (spearheaded by the Student Senate), allows students to learn about and engage with, campus clubs, activities and events.
- Our faculty and staff stand ready to connect you with the knowledge and resources you need to succeed. Visit the [student support homepage](#) for more information of the resources at WSU.

## CONNECT FOR HELP

- Student Senate:
  - Call 507.457.5316
  - Email: [studentsenate@winona.edu](mailto:studentsenate@winona.edu)
- Ask the Librarian
  - Call 507.457.5149
  - Email: [ask@winona.libanswers.com](mailto:ask@winona.libanswers.com)
- Adult & Continuing Education
  - Call 507.457.5080
  - Email: [continuingeducation@winona.edu](mailto:continuingeducation@winona.edu)

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## ➤ STUDENT WORKERS

- Student workers contact your supervisors for all additional information regarding employment. Remember to check emails regularly regarding student employment, options may vary to record the hours you were scheduled to work prior to the COVID-19 disruption.

## ➤ CONNECT FOR HELP

- Contact supervisors for more information
- WSU provides more COVID-19 information  
[Click here for more information](#)

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## ➤ COMMENCEMENT 2021

- Complete the degree requirements.
- Please keep in mind that dates, times and location may change due to the COVID-19 Pandemic: Dec. 10, 2021 & May 6, 2022.
- Due to limited seating available, there is a ticketing system. Each participating student will receive 4 tickets: 2 tickets for the in-person ceremony in McCown Gymnasium and 2 tickets for the live stream viewing in Harriet Johnson Auditorium.
- International students can also learn more about getting a visitor visa for family members.

## ➤ CONNECT FOR HELP

- Undergraduates  
Warrior Hub: 507.457.2800  
Email: Graduation@winona.edu
- Graduates
  - Call School of Graduate Studies 507.457.5038
  - Email: Gradoffice@winona.edu
- WSU webpage has more information on commencement: [Click here for further information](#)

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# Self-Care Tips

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- Make healthy and informed decision by researching practical immunity-boosting foods.
- Take walks and enjoy the outdoors while keeping necessary distance, and/or at home workouts.
- Make sure to rest, it is important that we get at least eight hours of sleep each night.
- Schedule weekly well checks with family and friends, focus on the positive.
- Stay informed and connected, be sure to update friends and family.
- Be sure to disinfect high touch surfaces daily (like doorknobs, keyboards, and phones).
- Important to use soap and appropriate disinfectants.
- Be a good neighbor, volunteer when appropriate
  - Research opportunities in your community.
- More self-care tips can be found [here](#).

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