Covid-19 Safety Tips
Sponsored by WSU Enrollment Management & Student Life

Find Encouragement

Protect Your Health

Get Connected

Do Your Best

Stay Informed

Practice Self-Care
An Encouraging Message from Vice President McDowell

WSU Students,

When we left for Spring Break back in March, no one could have imagined that “spring break” would eventually turn into distance learning for the remainder of the semester. Packing up living spaces on-campus and off-campus, moving home, missing friends—all of this must feel surreal.

Our lives have been interrupted at a pace that defies comprehension. COVID-19 has become a daily topic of conversation. Germ control and social distancing, the new normal.

I invite you to take a moment to recalibrate all your pent-up disappointment, and to think about this time as an opportunity to focus on the positives, and the good that is in us all.

In times like these, we must find the resolve to adapt and allow what matters most to eclipse what matters least. And in doing so, be kind to yourself as truth emerges.

The most immediate goal right now is the health and safety of the communities we care about. WSU faculty, staff and administrators are unwaveringly committed to delivering exceptional service at a distance.

I look forward to the day when I can extend an invitation for your return to the beautiful bluffs surrounding WSU and to our myriad locations interspersed throughout the Rochester area.

Even while you are away, remember that we are still a community: A community of learners improving our world.

Get in touch at
vp_emsl@winona.edu

REMAIN HEALTHY
BE SAFE
STAY CONNECTED
Protect Your Health
Sponsored by WSU Enrollment Management & Student Life

What You Can Do
• Practice social distancing & avoid close contact with people you do not live with
• Do not go to parties or other gatherings
• Work from home if you can
• Wash your hands often with soap & water for at least 20 seconds
• Avoid touching your face with unwashed hands—especially eyes, nose & mouth
• Cover your cough or sneeze
• Avoid close contact with people who are sick
• Clean & disinfect frequently-touched objects & surfaces

How to Get Help
» WSU Health Services
  • 507.457.5160
  • Connie Kamara: ckmara@winona.edu
  • Ask A Nurse: 507.457.2292
  • askanurse@winona.edu

» WSU Counseling Service:
  • 507.457.5330
  •ounselingservices@winona.edu
Get Connected to Resources
Sponsored by WSU Enrollment Management & Student Life

What You Can Do
• Focus on the immediate goal
  ◊ Keeping yourself healthy
  ◊ Keeping your communities safe
  ◊ Completing the Spring 2020 Semester successfully
• Connect to student services—we’re here to help at a distance! winona.edu/sld/
• Communicate with your landlord for lease-end processes or any other needs

How to Get Help
» Warrior Success Center
  • 507.457.5878
  • warrior_success_center@winona.edu

» Financial Aid
  • 507.457.5090
  • financialaid@winona.edu

» Warrior Hub
  • 507.457.2800
  • warriorhub@winona.edu

» Dean of Students
  • 507.457.5300
  • Karen Johnson: kjohnson@winona.edu

REMAIN HEALTHY
BE SAFE
STAY CONNECTED
Do Your Best with Classes
Sponsored by WSU Enrollment Management & Student Life

What You Can Do

• Find a good routine to stay on top of your classes
• Make sure you have the technology, software & internet access you need
• Check the Keep Learning website for resources to make the transition to distance learning easier
• Complete the degree requirements for graduation
  ◊ Your diploma and/or certificate will be mailed to your address on record at WSU
  ◊ We’re exploring ways to celebrate your achievement digitally

How to Get Help

» Keep Learning
  • www.winona.edu/distance-learning/keep-learning.asp
  • 507.457.5080
  • continuingeducation@winona.edu

» TLT
  • 507.457.5240
  • tlt@winona.edu

» Ask the Librarian: 507.457.5140

» Undergraduate Students
  • Warrior Hub: 507.457.2800
  • graduation@winona.edu

» Graduates
  • School of Graduate Studies: 507.457.5038
  • gradoffice@winona.edu
Stay Informed
Sponsored by WSU Enrollment Management & Student Life

What You Can Do
• Find up to date information about how WSU is responding to COVID-19 on the website homepage: winona.edu
• If you are a student worker on campus, check your email for updates about your employment options
• If you are a student worker, talk to your supervisor about how you’ll be paid for previously scheduled hours given the COVID-19 disruption

How to Get Help
» WSU COVID-19 Response Team
  • covid19-info@winona.edu
» Student Senate
  • 507.457.5316
  • studentsenate@winona.edu
» Contact your supervisors for more information.
Practice Self-Care

What You Can Do

• Make healthy eating decisions & research practical immunity-boosting foods
• Take walks & enjoy the outdoors while keeping a 6ft distance from others
• Try a home workout video
• Make sure to rest, ideally eight hours
• Schedule weekly check-ins with family & friends to focus on the positive
• Stay informed & keep your friends & family updated too
• Disinfect high-touch surfaces daily—doorknobs, keyboards & phones etc.—with soap or appropriate sanitizers
• Be a good neighbor & volunteer when you can

How to Get Help

» Find more ways you can take action and help others during COVID-19:
  • https://becauseisaidiwould.org/covid19/action/