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

Find Encouragement
Do Your Best

Protect Your Health
Stay Informed

Get Connected
Practice Self-Care
An Encouraging Message from Vice President McDowell

Dear Students of WSU,

This is an uncommon academic year marked with expectations turned inside out. Few words can adequately express the mounting disappointments and student experiences put on ice. Amid disappointment, there are still memories to create that will leave footprints on your heart.

There is no doubt you are experiencing several inconveniences due to the tightening enforcement of the mitigation strategies. Some among us are impacted directly by COVID-19 and others indirectly. The pandemic has disrupted our normal in unimaginable ways.

Your friends, neighbors, and classmates are Counting on You – to do your part to slow down the spread of COVID-19. Counting on you to mask-up, back up, wash up, check up and check in to protect yourself and, those in your sphere of influence.

If you must travel, travel smart, and review these travel tips. Upon your return think about how you will re-enter your living and learning space in Winona.

COVID-19 is extremely contagious, some people are asymptomatic yet still they can infect others. That is why wearing a face covering, maintaining a physical distance of at least 6 feet, limiting activities and events, washing and sanitizing high-touch surfaces, is so important.

In our modified normal, each person must demonstrate behaviors that suggest the campus experience is something you want to protect. We are counting on each other to keep our campus community open.

Stay safe, be healthy, and remain connected.

Meaningful Connections Matter,

Denise McDowell, Ed.D
Vice President for Enrollment Management and Student Life

Get in touch at vp_emsl@winona.edu
Protect Your Health
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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: c kamara@winona.edu
  • Ask A Nurse: 507.457.2292
  • askanurse@winona.edu

» WSU Counseling Service:
  • 507.457.5330
  • counselingservices@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
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](http://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

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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
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**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/