

# Self-Care Note



The University Health Center encourages students to use self-care to treat self-limited illness unless medical care is indicated. Self-limited illnesses are healed by the body's immune system and usually do not require a visit to a medical provider. This type of illness is often referred to as needing to "run its course". Even though these illnesses are self-limited they can still be contagious and can make a person feel quite sick. Treatment for these illnesses include self-care for symptoms, limiting spread to others and understanding when to seek medical care. Promoting self-care educates students about how to care for themselves and to be good stewards of health care resources.

I \_\_\_\_\_ (NAME) have reviewed the self-care information provided by the University Health Center. My current symptoms are consistent with a self-limited illness.

In order to prevent spread to others, I was unable to attend \_\_\_\_\_ (EVENT/CLASS/ACTIVITY) on the following date(s) \_\_\_\_\_ due to (CHECK ALL THAT APPLY):

Fever over 100 degrees Fahrenheit within 24-hours of event/class/activity

Acute vomiting/diarrhea

Drainage from eye(s) due to pink eye (conjunctivitis)\*

*\*ONLY PERTAINS TO THOSE THAT WORK IN HEALTH CARE, FOOD SERVICE AND/OR CHILD CARE.*

Decline to disclose symptoms (see below regarding Honor Code)

Other (please specify): \_\_\_\_\_

By signing this form I verify that the information provided above is accurate. I understand that falsifying this information would be a violation of the JMU Honor Code and may result in penalties.

\_\_\_\_\_  
(STUDENT'S PRINTED NAME)

\_\_\_\_\_  
(STUDENT'S SIGNATURE)

\_\_\_\_\_  
(DATE)

