

Dear Yotes,

The Health and Wellness Center is requesting all students e-mail (dfrederickson@collegeofidaho.edu) or call (208-459-5293) Nurse Dawn if they need to be seen during this time when we are trying to reduce risk and exposure to the coronavirus. Please contact Dawn with questions or to make an appointment. We care about your health and are here for you. **Be well Yote Fam!**

In order to ensure continuity of treatment for those leaving campus, the counselors will start providing sessions online. Students for whom returning home is not possible, and who will remain on campus will still have the option of doing in-person counseling (with some additional hygiene and social distancing precautions) or telecounseling. Please email Cynthia Mauzerall (cmauzerall@collegeofidaho.edu) or Brian Davies (bdavies@collegeofidaho.edu) to get more information on scheduling. We ask that any student with a cough, cold, sore throat, fever, etc. participate in their counseling session through the telecounseling format until they are healthy.

Students enrolled in the College's student insurance plan can utilize Wellfleet's **24/7 Nurseline** from wherever they are residing currently.

When should you call?

If you are sick (for any reason) or believe you have the Coronavirus (you feel sick with fever, cough, difficulty breathing or shortness of breath), this is a great option to reduce your exposure to others. The Nurseline is available anytime you are seeking medical assistance and connects student members to a registered nurse within seconds.

Have your **Wellfleet insurance ID card** handy and simply call **1-800-634-7629** to receive immediate assistance from a registered nurse. If you have misplaced your Wellfleet insurance ID card, log into your Wellfleet account at <https://www.studentinsurance.com/MyAccount/Account/Index/922> and then select **Student Options**. You can then either **Print ID Card** or **Email ID Card**.

We know this is an extremely confusing and difficult time, and we are eager to help you through it. Please remember we care about you and are always here to support you!

Sincerely,
Health & Wellness Center