Medical services will not be available at the Student Health Clinic from Friday, December 20th at 4:30 p.m. to Friday January 10th at 8 a.m. Non-medical health clinic staff will be available during winter break excluding 12/24, 12/25, & 1/1. If you have an urgent medical issue at any time during our closure, you may be seen at one of the local urgent care centers.

Tips for Avoiding Cold and Flu

Students are exposed to cold and flu germs every day between class, work, and social activities. Here are some suggestions for staying healthy during this cold and flu season.

- Get a flu shot
- Wash your hands
- Stay hydrated
- Avoid sick people
- Keep your surroundings clean
- Get good sleep
- Eat Healthy
Join Student Wellness Services and the Student Health Advisory Committee for De-Stress Days the week before finals! This is a relaxing event to de-stress and take time for YOU. For more information, contact Shawna Haislet, Health Promotion Coordinator at shawna.haislet@uni.edu. Check out our Facebook event and let us know if you plan to attend!

Counseling Center

Holiday Closure: The Counseling Center will be closed Friday Dec. 20th 2019 - Friday Jan 10th 2020

Crisis Counseling over break

Students can call the counseling center number and select option 2 to talk with a crisis counselor or go to an emergency room if in a mental health crisis while we are closed for the holiday.

319-273-2676 Option #2