Despite all your precautions, you feel sick?

Even if vaccinated, even if the test is negative.

When sick you need to stay home.

- Drink fluids and get some rest
- Follow up with a health provider.
- Faculty and students work together to continue coursework
- Stay in contact

We have all been there.

You are not alone!

Take care of yourself by:

- Reaching out to a friend or loved one
- Students: Talk to a Mental Health Professional (Student Health: 406-657-2153)
- MUS Employee Work Life Assistance (1-866-750-1327)
- Crisis Text Line: 741741
- National Suicide Prevention Lifeline (1-800-273-8255)

More information:

RiverStone Public Health: 406-651-6415

Faculty and Staff:
Need Testing or Vaccination
Call RiverStone Public Health
406-247-3382

STUDENTS:
Need Testing or Vaccinations?
Call Student Health Services
406-657-2153

Focus on staying safe

- Wash your hands
- Physical distancing
- Wear a mask
- Get your flu shot
- Get your COVID shot (there are INCENTIVES AVAILABLE!)

I decided to get tested:
Tell them you are associated with MSUB!

Tested *COVID-19 POSITIVE

- ISOLATE
  - Even if vaccinated, you need to stay home
  - Monitor symptoms
  - Faculty and students work together to continue coursework
  - MSUB Case Managers will follow up frequently
  - Protect their privacy

Faculty and students work together to continue coursework

Despite all your efforts you feel sad, depressed, or overwhelmed

Reaching out to a friend or loved one

Students: Talk to a Mental Health Professional (Student Health: 406-657-2153)

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