Parent-to-Parent: Colds and Coughs

Parent or Friend:

You've surprised when the phone rings. It's an unusual time to get a call from your daughter. As soon as you hear her voice, you know something's not right. You ask: "Is she okay?" She says, "Mom, I think I have a cold." It's difficult to be away from your student when they are ill, capped and need medical care. Here are some resources available at the university and in the local community.

- **Campus Health Services**, located in the Health and Learning Center provides drugs and deliveries, a full pharmacy, and extended hours. Students may schedule appointments and find out about refill information through the online appointment system on their website.
- **Concentra Urgent Care**, located on the Flagstaff Medical Center Campus, is only two miles from campus, has a Level One Trauma Center, and 24/7 Urgent Care Services.
- **Troyer Urgent Care**, located in the Flagstaff Medical Center, also has a Level One Trauma Center and 24/7 Urgent Care.
- **True Remove**, located in the Flagstaff Medical Center, is a Level One Trauma Center and 24/7 Urgent Care.

You may always call your daughter and if you are looking for additional campus or community resources.

Sincerely,

Shannon Clark
Parent and Family Services Coordinator
shannon.clark@nau.edu

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**Important Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Jan. 16</td>
<td>Residence Halls open at 9 a.m.</td>
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<tr>
<td>Jan. 16</td>
<td>Residence Halls close at 10 a.m.</td>
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<td>Jan. 19</td>
<td>Spring 2016 classes begin</td>
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<tr>
<td>Jan. 18</td>
<td>Martin Luther King, Jr. Day, University Closed</td>
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<tr>
<td>Dec. 14–17</td>
<td>Final Exams</td>
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<td>Dec. 18</td>
<td>Residence Halls close at 10 a.m.</td>
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<td>Nov. 6</td>
<td>Course withdrawal deadline</td>
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<td>Nov. 26–27</td>
<td>Veteran's Day, University Closed</td>
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<td>Nov. 27</td>
<td>Thanksgiving, University Closed</td>
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<tr>
<td>Nov. 26–27</td>
<td>Social work classes begin</td>
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<tr>
<td>Dec. 18</td>
<td>Residence Halls close at 10 a.m.</td>
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When Your Student Is Sick

When you receive a call or message, we recommend that they be discussed with the Office of Student Life (928-523-6267). We can walk your student or you through the steps we may be able to help, and:

- Provide a "missed class memo" that will inform your student's instructor of the absences and the anticipated date of return.
- Provide any necessary referrals to Disability Resources to explore temporary or permanent assistance arrangements.
- Refer to and work with other university departments to address personal issues and needs.
- Provide medical withdrawal from courses.

It is helpful to have a "Missed Classes Memo" in order to discuss details about your student's absences. If you have additional questions, we will be happy to answer any questions you have for your student if they are serious and it is noted when the Originating.

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**On-Campus Pharmacy**

Did you know there is a full service pharmacy on campus at the Health and Learning Center? The large store-the-counter area can accommodate most students' needs including cough and cold products, pain relievers, and first aid necessities. There is also a large section of health items including vitamins, dietary supplements, lotions, toothpaste, batteries, household items, greeting cards, and makeup. The Pharmacy also carries an assortment of recreational and school items such as yoga mats, workout lotions, weightlifting gloves, toothbrushes, ear buds, and more! Most insurance plans are accepted, along with the following payment options:

- Charge to the student's NAU account
- Cash, check, debit/credit
- True Remove (COD/Cash-Driven Express)
- Visa, Mastercard

The Pharmacy is conveniently located and fully stocked.

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**Men's and Women's Basketball**

It's Lumberjack Basketball season! Students may attend any men's or women's games that they want. Join us!

The men's team has games to start against California Baptist, and the women will host Grand View Nov. 15. You can find the complete schedule here! We encourage you to attend games and support our athletes!

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