

Travel Tips from Luther College Health Service

Before You Go:

- Educate yourself about Ebola on the [CDC Ebola Update](#) page.
- Protect yourself against the flu by getting your flu vaccination. Learn more on our site about [influenza vaccinations at Luther](#).
- Remember to pack your portable thermometer!
- Practice prevention: wash your hands often, avoid close contact with ill people, and pack hand sanitizer.

While You Are Away:

- If you become ill during your travel, limit your contact with other people.
- Monitor your health including temperature, drink plenty of fluids, and rest as much as possible.

When You Return to Campus:

- Remember that Ebola virus is hard to contract and requires direct contact with someone who is ill. No symptoms means no risk.
- Pay special attention to your health after you return to campus for 21 days.
- Take your temperature in the morning and evening.
- If your temperature is 100.4 degrees or greater, call Health Service at 563-387-1045. Call before you come in so we can discuss your symptoms and travel history and help you on how to proceed.
- Health Service hours are 8-4:30 M-F. After hours, call the hospital at 563-382-2911.