

## Illness Prevention Alert!

Let's do all that we can to make  
Hope's campus as  
germ free as possible.

What can you do to protect yourself  
from communicable diseases?

- Wash your hands thoroughly before eating, or after touching your eyes, nose or mouth.
- Cough into the "crook of your arm" to decrease the spread of viruses with your cough.
- Use disposable tissues when sneezing – and dispose of them properly.
- Keep your immune system healthy! Get adequate sleep, water and a variety of healthy foods to help your body develop a strong defense.



**PROPER Hand washing is  
the Number 1 way to  
prevent the spread  
of a viral illness.**

Proper Hand washing means:

- Using Soap & Water
- Work up a lather and cover all surfaces of your hands, fingers, finger webs, under the nails and even up to your wrists.
- Continue to lather-up for 30 seconds.
- Rinse under running water.
- Turn off the faucet with a paper towel or use your elbow if a paper towel is not available.



## Phelps Dining Hall Service Hours

Monday - Friday:	Saturday	Sunday
<b>Breakfast</b> 7:30 - 8:30 a.m.	<b>Breakfast</b> 7:00 - 9:00 a.m.	<b>Breakfast</b> 7:00 - 9:00 a.m.
<b>Continental</b> 8:30 - 10:00 a.m.	<b>Continental</b> 9:00 - 9:30 a.m.	<b>Lunch</b> 11:00 - 1:00 p.m.
<b>Lunch</b> 11:00 - 1:30 p.m.	<b>Lunch</b> 11:00 - 1:00 p.m.	<b>Dinner</b> 4:30 - 6:00 p.m.
<b>Dinner</b> 4:45 - 7:00 p.m.	<b>Dinner</b> 4:30 - 6:00 p.m.	

**HOPE COLLEGE  
DINING SERVICES**

**395-7930**

**[HTTP://WWW.HOPE.EDU/  
DINING/PHELPS/](http://www.hope.edu/dining/phelps/)**

Hope College Dining Service

**I'm sick, send food!**

Phelps Dining Hall

A food service program  
designed to assist students  
that aren't able to  
eat in the dining hall due to illness



## How Do I Place My order?

Please do the following

1. Go to <http://www.hope.edu/dining/about/menus.html> to view today's menu.
2. Fill out the order form below.
3. Send a designated person to Phelps or Cook Hall cafeteria.
4. See a Phelps or Cook hostess for a to-go box.

## Order Form

- Name of student who is ill:
- Campus address & phone number:
- Name of student who is picking up your order:
- Resident Director's name:
- Date \_\_\_\_/\_\_\_\_/\_\_\_\_
- Breakfast, Lunch, Dinner (circle one)
- Your requested menu choices from the daily menu or the get well soon menu included:



## Get Well Soon Menu

(please check off all that apply)

- Apple Sauce
- White Rice
- Whole Fresh Fruits
- Saltine Crackers
- Popsicles
- Broth Soup
- Clear Beverages  
(Gatorade, Sierra Mist, Apple Juice)
- Jell-O Cups



## Is it a Cold or is it the Flu?

Cold symptoms could include:

More gradual onset

- Sore throat
- Sneezing
- Headache
- Runny nose
- Head Congestion
- Low-grade fever (below 101 F)
- Cough



Influenza (*the flu*) symptoms include:

Sudden onset of:

- Body Aches
- Headache
- Cough
- Fever (usually over 101 F)
- Extreme fatigue