



Self-Care Note

Student Health Services (SHS) encourages students to use self-care to treat self-limited illness unless medical care is indicated. Self-limited illnesses are healed by the body's immune system and usually do not require a visit to a medical provider. This type of illness is often referred to as needing to "run its course". Even though these illnesses are self-limited they can still be contagious and can make a person feel quite sick.