



Student Health and Well-being  
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<http://studenthealth.ucsd.edu/>

Dear Professor,

UCSD Student Health Services is expected to have approximately 50,000 patient encounters within the coming year. With the current COVID-19 pandemic and early-onset of the flu season, high utilization is expected and may impact access to care. Many common illnesses and injuries do not require care by a medical professional. For example, sore throat, cold symptoms, or mild gastrointestinal illness are often best cared for by rest and self-care at home. Visiting Student Health solely to obtain documentation of illness or a medical excuse uses valuable appointment time, and potentially exposes other to their illness.

Therefore, in an effort to maintain sufficient availability of appointments and Urgent Care visits for those whose illness requires medical intervention, we will not provide "medical excuses" except under extreme circumstances (i.e. severe, prolonged illness that necessitates dropping a class or obtaining specific accommodations for class/lab participation, test taking, or make-up). Requests of this nature can be handled through a scheduled appointment.

UCSD Student Health recognizes that students are often unsure about when they should come in for care, and we encourage anyone with mild illness or injury to access our on-line health screens at [Self Assessment Tools \(ucsd.edu\)](http://SelfAssessmentTools(ucsd.edu)) or call the Nurse Advice line at 858-534-6296. Students also have the option of calling the Urgent Care at 858-534-3302 and ask to speak with a triage nurse for advice in determining how to best care for their illness or injury.

We appreciate your cooperation and concern for the well-being of our students.

Sincerely,

Stacie San Miguel, MD  
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Student Health and Well-being  
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