

COVID-19 Symptoms and Information

The following instructions are provided to assist you in safely caring for yourself or others who are infected or potentially infected with COVID-19. These instructions are also available on www.cdc.gov.

What is COVID-19?

- COVID-19 is an illness caused by a virus that can spread from person to person.
- COVID-19 is primarily spread from person to person from respiratory droplets when an infected person coughs, sneezes, or talks. You may also be infected by touching a surface or object that has the virus on it, and then touching your mouth, nose, or eyes.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

What are the symptoms?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**This list does not include all possible symptoms

If you have symptoms, test as soon as possible to decrease spread:

- Use an at-home Covid test.
- Rapid COVID-19 test kits are available at your campus Student Health Services and at the local pharmacy.
- If you test positive for COVID-19, please call your campus health services office —this helps to ensure the safety of our campus community.

Preventing the Spread of COVID-19:

➤ Active Infection

- It is strongly recommended by the CDC that you stay home and away from others until at least 24 hours after being both fever-free (<100.4F without the use of fever-reducing medication) and your symptoms are improving.
- For the next 5 days, it is recommended that you take additional precautions to prevent spread to others including:
 - Wear a well-fitted mask when around others, especially indoors
 - Wash your hands frequently
 - Maintain physical distance from others

➤ Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Then wash your hands.

➤ **Clean your hands often**

Wash your hands often with soap and water for at least 20 seconds (sing the “Happy Birthday Song” twice) or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

➤ **Clean all high-touch surfaces everyday**

Clean all high-touch surfaces daily. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

➤ **Avoid sharing personal household items**

Do not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets. After using these items, they should be washed thoroughly with soap and water.

Monitor your symptoms

- Take your temperature daily and if your temperature is above 100.4 F, take acetaminophen (Tylenol) according to the directions. **DO NOT TAKE TYLENOL IF YOU ARE ALLERGIC TO ACETAMINOPHEN (TYLENOL).** Drink plenty of fluids and rest.
- **If your symptoms worsen and it is during regular business hours, call the Student Health Service located on your campus. If it is after hours or on a weekend, you can visit your local Urgent Care Clinic, visit the local Emergency Department or dial 911.**
- **When to Seek Emergency Medical Attention**
 - ❖ **Look for emergency warning signs for COVID-19. If you or someone you are with are showing any of the following signs, call 911:**
 - **Trouble breathing**
 - **Persistent pain or pressure in the chest**
 - **New confusion**
 - **Bluish lips or face**
 - **Inability to wake or stay awake**
 - **Any other symptoms that are severe or concerning to you**
 - ❖ If you have a medical emergency and need to call 911, notify the dispatch personnel that you have COVID-19 or symptoms of COVID-19. If possible, put on a facemask before emergency medical services arrive.

Please call to make an appointment at the Student Health Services or with your PCP or go to Urgent Care or the Emergency Department if your medical concerns do not improve with conservative self-care treatment or if you have worsening symptoms.

Please know your health problem and allergies. Information contained in this handout is for educational purposes only. It is not a substitute for evaluation and treatment by a Healthcare professional. As new and updated information becomes available, the content may change. Please contact your Healthcare Provider or the health services on your campus.

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