

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?

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a coronavirus that has spread throughout the world.
- 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 touch 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 the on-campus Student Health Clinic, while available, and at local pharmacies.
- **If you test positive for COVID-19, please call your on-campus Student Health Service clinic (BL SHC 570-389-4451; LH Glennon 570-484-2276; MA Campus Clinics 570-662-4350)—this helps to ensure the safety of our campus community.**
- **If you test negative for Covid-19, please call your on-campus Student Health Services clinic for symptom management and/or a Provider appointment, as needed.**

Preventing the Spread of COVID-19:

➤ Isolation

It is strongly recommended by the CDC that you isolate at home for **5 days**. The first day starts on the 1st full day after your symptoms started. Isolation will help prevent the spread to your campus community.

If you are fever free (oral temperature <100.4 F without the use of medicine to reduce your fever) and your symptoms are better, you may return to normal activities; however, it is recommended that you wear a mask at all times when you are around others (eat alone so that you can safely remove your mask) for a total of **10 days from the start of your symptoms**.

➤ **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 it is after hours or on a weekend, you can call the Geisinger Bloomsburg Hospital Emergency Department or the Geisinger COVID-19 Hotline (570-284-3657) for steps regarding what to do, or dial 911.**
- **The Student Health Center is not able to provide emergency care, 24-hour service, or after hours on-call service. The local Urgent Care and Emergency Department are available across the street from Bloomsburg University (phone numbers are listed below).**
- **When to Seek Emergency Medical Attention**
 - ❖ **If your symptoms worsen, call your on-campus Student Health Clinic for further direction.**
 - ❖ **If the on--campus Student Health Clinic is closed and further medical care is needed, please seek care at the local Urgent Care clinic or the closest Emergency Department.**
 - ❖ **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.**

Important Phone Numbers

Bloomsburg Student Health Center: 570-389-4451
Lock Haven Glennon Health Services: 570-484-2276
Mansfield Campus Clinic : 570-662-4350
PA Department of Health: 1-877-724-3258

Please call to make an appointment at your on-campus Student Health Clinic or with your PCP or go to Urgent Care or the Emergency Department if your 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 on-campus Student Health Services Clinic with any questions.

COVID-19 Symptoms and Information self care handout
Developed 7/2020
Reviewed: 8/23, 1/24, 1/25
Revised: 8/23, 1/24, 1/25