Coronavirus (COVID-19)

- Illness caused by a virus that can spread from person to person via respiratory droplets when a person coughs, sneezes, or talks.

- You may also contract the virus by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.

- COVID-19 symptoms can range from mild or no symptoms to severe illness.

Symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste and/ or smell
- Sore throat
- Congestion
- Nausea or vomiting
- Diarrhea

Self-care measures:

- Rest
- Drink plenty of nonalcoholic fluids (water and sports drinks)
- Monitor temperature twice daily (disposable thermometers (√)
- Use acetaminophen(√) 650 mg every 6 hours as needed to reduce fever/discomfort
- Use Oral Decongestants (Phenylephrine*) for short-term relief of nasal congestion
- Gargle with salt water and use throat sprays/lozenges (*)(containing Benzocaine) for throat pain
- Use heated, humidified air (if you do not have a humidifier try taking a hot shower)

Items marked with a (*) are available after being evaluated by a nurse.

Items marked with a (√) are available at the Self-Care Station.

Limit spread to others by:

- Practicing social distancing– stay 6ft away or more from others
- Wash your hands frequently for 20 seconds and use hand sanitizer with 60% alcohol or more if soap unavailable
- Wear a face cover in public spaces and common areas
- Clean and disinfect frequently touched surfaces i.e. phones, doorknobs, keyboard

When to seek care from a medical provider:

If you believe you have COVID-19 or are experiencing any of the related symptoms please call Student Health Services at 814-362-5272. Symptoms requiring *Immediate Emergency Care* include: *Bluish lips or face, faster breathing, trouble breathing, persistent pain or pressure in chest, new confusion or difficulty waking up*