

# COVID-19

COVID-19 is a contagious respiratory illness caused by a virus that spreads from person to person. The virus is transmitted through respiratory droplets from coughing, sneezing, talking, or laughing. Droplets not blocked by masks typically do not travel more than 6 feet. COVID-19 is usually a self-limited illness with most people experiencing mild to moderate respiratory illness without requiring special treatment. Self-limited infections are ones that can be treated at home and will resolve on their own without seeing a medical provider.

## SYMPTOMS:

- Fever
- Cough
- Shortness of breath/difficulty breathing
- Chills
- Muscle pain
- Headache
- Sore throat
- Diarrhea, nausea, stomach pain
- New loss of taste or smell

## SELF-CARE MEASURES

- x Rest
- x Drink plenty of non-alcoholic fluids.
- x Acetaminophen (Tylenol®) 500mg every 4-6 hours (maximum of 12 tablets in 24 hours) and/or Ibuprofen (Advil®) 600mg every 6-8 hours (maximum of 12 tablets in 24 hours) as needed to reduce fever, aches or other pains.
- x Treat any bothersome symptoms with over-the-counter medication.

## LIMIT SPREAD TO OTHERS:

- x Isolate yourself as completely as possible. If feasible, you should return home to recover from your illness. If returning home is not possible, you will isolate in your on-campus room or in your off-campus location.
- x The current recommendations by the CDC for isolation are for individuals to isolate for 10 days from the onset of symptoms.
  - x Setup a plan with each professor related to your academic demands.

## WHEN TO SEEK CARE FROM A MEDICAL PROVIDER

- If you are at high risk for complications (Chronic lung disease to include chronic asthma on daily medication, hypertension, diabetes, heart disease, or immunocompromised).
- Fever over 102 degrees Fahrenheit that lasts for more than 3 days.