

## 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. Over-the-counter tests are available at local drug stores and at the SHCC pharmacy.

### Symptoms:

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

### Self-care measures:

- ✓ Rest
- ✓ Drink plenty of non-alcoholic fluids
- ✓ Use Ibuprofen (Advil®) 600 mg every 6-8 hours or Acetaminophen (Tylenol®) 650 mg every 6 hours as needed to reduce fever or discomfort
- ✓ Use Oral Decongestant (Pseudoephedrine) for short-term relief of nasal congestion
- ✓ Confusion or disorientation
- ✓ Use Nasal Decongestant (Oxymetazoline) for short-term relief of nasal congestion (do not use for more than 3 days)
- ✓ Gargle with salt water and use throat sprays/lozenges for throat pain
- ✓ Use heated, humidified air (if you do not have a humidifier, try taking a hot shower)

### Limit spread to others:

- ✓ Isolate yourself as completely as possible. If feasible, you should return home to recover from your illness. If returning home is not possible, isolate in your on-campus room or in off-campus location.
- ✓ The current recommendations by the CDC for isolation are for individuals to isolate in their personal space for 5 days from the onset of illness (the first day of symptoms is Day zero).
- On Day 6, they may leave the isolation space but must wear a high-quality, well-fitting mask over the nose and mouth whenever indoors and/or interacting with others.
- ✓ Wear a mask if you must be around anyone else
- ✓ Contact your professors to let them know you are ill and unable to attend classes at this time
- ✓ Set up 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, immunocompromised)
- ✓ Fever over 102 degrees Fahrenheit that lasts for more than 3 days
- ✓ Shortness of breath
- ✓ Pain/pressure in your chest
- ✓ Confusion or disorientation
- ✓ For symptoms that last over 10 days and get worse instead of better
- ✓ CDC link to more info: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>