

Self-Care Instructions for COVID-19 Symptoms

Do not leave your room except to get medical care when required. If you seek medical care call ahead and tell them you may have COVID-19.

Stay away from other people. Use only the bathroom assigned to you.

If you cannot avoid being around other people, inside or outside the home, wear a facemask.

Cough and/or sneeze into a tissue, your elbow, or sleeve. Wash your hands after.

Wash your hands often with soap and water for at least 20 seconds. If washing is not possible use an alcohol-based hand sanitizer that is at least 60% alcohol.

Avoid sharing personal items (e.g.: dishes, towels, and bedding).

Clean all surfaces that are touched often like counters, tabletops, doorknobs, light switches and sink faucets. Use household cleaning sprays or wipes according to label instructions.

Get rest and stay hydrated.

Treat your fever, body aches, and/or headache with Acetaminophen 650mg every 4 hours OR Acetaminophen 1000mg every 6 hours.

If instructed to do so by Health Center Staff, treat your cough with a combination of guaifenesin dextromethorphan (e.g. Mucinex DM) as per instructions on the package.

Monitor your symptoms carefully. If your symptoms get worse, call Student Health Service.

If you develop emergency warning signs get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or difficulty waking up
- Bluish lips or face