

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:

- Rest
- Drink plenty of non-alcoholic fluids.
- Acetaminophen (Tylenol®) 650 mg every 4-6 hours (maximum of 12 tablets in 24 hours) and/or Ibuprofen (Advil®) 600 mg every 6-8 hours (maximum of 12 tablets in 24 hours) as needed to reduce fever, aches, or other pains.
- Treat any bothersome symptoms with over-the-counter medication.

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, you will isolate in your on-campus room or in your off-campus location.
- Isolation means:
 - ▶ Avoid interacting with anyone who has not been diagnosed with COVID-19.
 - ▶ Meals for on-campus students and off-campus students with a meal plan can pick up Grab-and-Go food at Jemmy's Corner Market in E-Hall or in the conference room behind Steak and Shake on the first floor of D-Hall. Both have an outside entrance that you should use. You may also use the robots and other delivery options.
 - ▶ You should only leave the isolation space to pick up food, to get fresh air or for a health care visit due to worsening of your symptoms.
- You can leave isolation after 5 days from the onset of illness has passed as long as your fever has been gone for at least 24 hours without the use of fever-reducing medications and your symptoms are improving. However, you must wear a mask for an additional 5 days when in buildings or around others.
- Wear a mask if you must be around anyone else.
- Contain coughs and sneezes using tissue or the crook of your elbow.
- Contact all of 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.
- If you have any issues, please email Academic Affairs at AcademicQuestions@jmu.edu.

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.

Call ahead before seeing a medical provider:

- We do not recommend seeking care at any local Urgent care facility if you have been diagnosed with COVID 19 and are getting worse.
- If you feel well enough and need to see a medical provider at the UHC, call 540-568-6178 and speak to a nurse first.
- If you are going to the Emergency Department, call ahead, especially if you have already been diagnosed with COVID-19.
- If you call 911 related to a COVID-19 illness, be sure to give the emergency operator that information.

CDC Links to more information:

1. How to Protect Yourself and Others:
[cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)
2. What to Do If You Are Sick:
[cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)