

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. Free tests for students are available (while supplies last) at the 2nd floor entrance of the UHC in the Student success Center.

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.
- The [current recommendations by the CDC](#) and [Virginia Department of Health](#) 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. Interactions with others should be minimized.
- Wear a mask if you must be around anyone else.
- Isolation means:
 - Avoid interacting with others.
 - Do not use a sit-down dining facility or retail dining while in isolation. If you have a meal plan, Aramark has set up two COVID pantries. One is located at D-Hall on the lower level and the second at Jemmies on East Campus. Meals that are ready to heat, ready to eat, snacks, treats and beverages are available.
 - You should only leave the isolation space to pick up food or for a health care visit due to worsening of your symptoms.
- 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.

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 Links to more information::

1. [How to Protect Yourself and Others](#)
2. [What to Do If You Are Sick](#)