Self-Care Instructions for patients with COVID-19

General Information

• 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.
• 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 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
• Fatigue

Self-care measures:

• Rest
• Drink plenty of non-alcoholic fluids
• Acetaminophen (Tylenol®) 650 mg every 6 hours and/or Ibuprofen (Advil®) 600 mg every 6-8 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 residence hall room.
• 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.
• Isolation means:
  o Avoid interacting with others
- Wear a mask if you must be around anyone else
- Do not use a sit-down dining facility or indoor retail dining while in isolation. If you have a meal plan, use campus options where you can get takeout meals.
  - 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 needs.

**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:**