COVID-19 Symptoms and Information

The following instructions are provided to assist you in safely caring for yourself or others who are infected or potentially infected with COVID-19. These instructions are also available on www.cdc.gov.

What is COVID-19?

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 is primarily spread from person to person from respiratory droplets when an infected person coughs, sneezes, or talks. You may also be infected by touching a surface or object that has the virus on it, and touch your mouth, nose or eyes.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

What are the symptoms?

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Preventing the Spread of COVID-19:

- **Stay in your room except to get medical care**
  
  If you have any symptoms, you should restrict activities outside your room, except for getting medical care. Under no circumstance should you go to work, school, or public areas. Avoid using public transportation, ride sharing, or taxis.

- **Separate yourself from other people**
  
  As much as possible, you should stay in a specific room and away from other people in your room. Try to stay at least 6 feet away from other people at all times. Also, you should use a separate bathroom, if available.

- **Call ahead before accessing medical care**
  
  If you need to access medical services, call the student health center or other health care provider prior to your appointment and tell them that you have or may have COVID-19. This will help the health care provider’s office take steps to keep other people from getting infected or exposed. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have covid-19 or symptoms of covid-19. If possible, put on a facemask before emergency medical services arrive.
Wear a facemask

You should wear a facemask (over your nose and mouth) when you are around other people (e.g., sharing a room or vehicle) or pets, and before you enter a health care provider’s office. If you are not able to wear a facemask, then people who live with you should not stay in the same room with you.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Then wash your hands.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds (sing the “Happy Birthday Song” twice) or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all high touch surfaces everyday

Clean all high touch surfaces daily. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Avoid sharing personal household items

Do not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets. After using these items, they should be washed thoroughly with soap and water.

Monitor your symptoms

- Take your temperature daily and if your temperature is above 100.4, take acetaminophen (Tylenol) according to the directions. **DO NOT TAKE TYLENOL IF YOU ARE ALLERGIC TO ACETAMINOPHEN (TYLENOL).** If you are coughing, use cough drops or request cough medication from the SHC. Drink plenty of fluids and rest. If your symptoms worsen and it is during regular business hours, call the BU Student Health Center. If it is after hours, you can call the Geisinger Bloomsburg Hospital Emergency Department or the Geisinger COVID-19 Hotline (570-284-3657) for steps regarding what to do.
- If you have symptoms, record your temperature and symptoms twice daily on the **Temperature and Symptom log** (see attached).
- If you are in Isolation with symptoms, SHC personnel will contact you daily or as needed.
- If you are in Quarantine without symptoms, call the SHC if you develop symptoms or with questions.

When to Seek Emergency Medical Attention

- **Look for emergency warning signs for COVID-19.** If you or someone you are with are showing any of the following signs, call 911:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Bluish lips or face
  - Inability to wake or stay awake
  - Any other symptoms that are severe or concerning to you
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have covid-19 or symptoms of covid-19. If possible, put on a facemask before emergency medical services arrive.
Discontinuing Isolation/Quarantine

- Students should remain under Isolation or Quarantine precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue isolation or quarantine precautions is made on a case-by-case basis, in consultation with health care providers and state and local health departments.

Important Phone Numbers
BU Student Health Center: 570-389-4451
BU Counseling Center: 570-389-4255
BU Residence Life: 570-389-4089
Geisinger COVID-19 Hotline: 570-284-3657
Geisinger Bloomsburg Hospital ER: 570-387-2111
Geisinger Bloomsburg Careworks: 570-416-1890
PA Department of Health: 1-877-724-3258
Bloomsburg University Police: 570-389-2211

Please call to make an appointment at the Student Health Center or with your PCP or go to Urgent Care or the Emergency Department if your concerns do not improve with conservative self-care treatment or if you have worsening symptoms.

Please know your health problem and allergies. Information contained in this handout is for educational purposes only. It is not a substitute for evaluation and treatment by a Healthcare professional. As new and updated information becomes available, the content may change. Please contact your Healthcare Provider or the SHC Triage Nurse at 570-389-4451 with any questions.

Bloomsburg University Student Health Center, Room 324 Kehr Union Building, Bloomsburg, PA 17815
Phone: 570-389-4451 FAX: 570-389-3417


COVID-19 Symptoms and Information
Developed 7/2020
Revised 1/2021
Your 14-Day Log for Temperature and Symptoms

Write your symptoms and temperature in the space below every day for 14 days.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>SYMPTOMS</th>
<th>TEMP</th>
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<tbody>
<tr>
<td>DAY 0</td>
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<td>Day 0 is the day you were last exposed to COVID-19.</td>
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<td>DAY 1</td>
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<td>DAY 14</td>
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</table>

Stay in your room. Avoid contact with others. • You might have COVID-19; most people are able to recover without medical care. • If you are are worried about your symptoms, call the BU SHC (570-389-4451), your Healthcare Provider, or the Emergency Department. Tell them about your recent exposure and your symptoms • Call ahead before you go to a doctor’s office or emergency room. Dial 911 for concerning and/or life-threatening symptoms.

Adapted from: www.cdc.gov/coronavirus
July, 2020