



COVID-19 Patient Education Sheet

The 2019 Novel Coronavirus (*SARS-CoV-2*) is a coronavirus identified as the cause of an outbreak of respiratory illness (*Coronavirus Disease-19* or *COVID-19*) first detected in Wuhan, China. This virus was first identified in December 2019. This is a rapidly developing public health concern and infectious disease specialists are working hard to fully understand the nature of COVID-19.

What are the symptoms?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- 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

Who should be tested for COVID-19 ?

Anyone with symptoms should be tested. Students with close contact to a person infectious with COVID-19 should be tested.

How does the virus spread?

The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs
- COVID-19 may be spread by people who are not showing symptoms

The virus may be spread in other ways:

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.



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What is the treatment?

People infected with COVID-19 should receive supportive care to help relieve symptoms. People with mild illness may be able to manage at home. For severe cases, treatment should include care to support vital organ functions and hospitalization. There is no post exposure medication available for exposed individuals.

What measures are helpful to prevent the spread of COVID-19?

CDC recommends certain actions to help prevent the spread of COVID-19, including:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with 60-90% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay at least 6 feet from other people
- Everyone should wear a cloth face cover in public settings and when around people who don't live with you, especially when other social distancing measures are difficult to maintain
- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces
- Monitor yourself for symptoms daily and have a digital thermometer on hand
- Although there is no COVID-19 vaccine, annual vaccination for seasonal influenza is recommended by CDC

What should I do if I think I have been exposed to this virus?

Students who think they may have been exposed to SARS-CoV-2 should contact the Student Health Center by phone.

What should I do if I think I have symptoms of COVID-19?

Students who think they may have symptoms of COVID-19 should isolate themselves where they live (avoiding close contact with others) and should contact the Student Health Center by phone.

What are emergency symptoms and when should I seek emergency medical attention?

Anyone can have mild to severe symptoms from COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Look for emergency warning signs for COVID-19. If you are showing any of these signs or symptoms, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake



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- Bluish lips or face

Call Public Safety at 203-254-4090 or call 911: Notify the operator that you may have COVID-19.

Where can I learn more?

www.cdc.gov/coronavirus/

What if I have health questions or feel anxious and would like to speak with a professional?

Students may contact the Student Health Center: 203-254-4000, Ext. 2241 or Counseling and Psychological Services: 203-254-4000, Ext. 2146