

Steps to help prevent the spread of COVID-19 if you are sick

Stay home; call if you need medical care

- Most students who are mildly ill with COVID-19 are able to recover at home.
- Students should call University Health Services (UHS) at (216) 368-2450 if symptoms get worse.



Separate yourself from others

- As much as possible, stay away from others in your home. Use a separate bathroom, if available.
- Although there have not been confirmed reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.

Call ahead before visiting your doctor

- If you have a fever, cough, any respiratory symptoms or concerns regarding COVID-19 exposure, call Health Services at (216) 368-2450. or your local health care provider.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a trash can lined with a bag.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- If available, wear a facemask when around others people and before entering a health care provider's office.

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching your eyes, nose and mouth with unwashed hands.



Avoid sharing personal household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- After using these items, wash them thoroughly with soap and water or put in the dishwasher or clothes washer.

Clean all high-touch surfaces

- Before wiping surfaces, put on gloves if available. Remove all items from countertops, sinks and other surfaces
- Using Clorox wipes or other disinfectant, clean each surface by moving your gloved hand in one direction.
- Surfaces you touch regularly such as sinks, fixtures, toilet, and shower should be cleaned daily

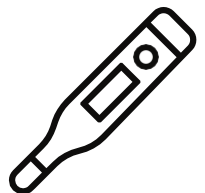


Monitor your symptoms

Seek prompt medical attention if your illness is worsening, including symptoms like:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not all inclusive. Please consult your health care provider for any other severe or concerning symptoms.



When to discontinue home isolation

People with COVID-19 who have stayed home can stop home isolation under the following conditions:

- You have had no fever for at least 72 hours (that is, three full days of no fever without the use of medicine that reduces fevers) AND
- Other symptoms have improved (for example, when you are coughing little or not at all or able to take deeper breaths) AND
- At least 7 days have passed since your symptoms first appeared.

Important Contacts:

24/7 Nurse on Call (216) 368-2450

24/7 Counselor on Call (216) 368-5872

On Campus Emergencies (216) 368-3333

For more information visit the CDC webpage:
[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)