

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

## Stay home except to get medical care

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

## Separate yourself from others

- As much as possible, you should stay away from other people in your home. Use a separate bathroom, if available.
- See [COVID-19 and Animals](#) if you have questions about pets.



## Call ahead before visiting your doctor

- If you have a fever, cough, any respiratory symptoms or concerns for COVID-19 exposure, students should call Health Services at (216) 368-2450, or their local healthcare provider.

## 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.
- 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 you are sick wear a cloth face covering

- You should wear a cloth face covering, over your nose and mouth if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering, cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.

## 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.

## Clean all high touch surfaces

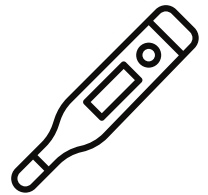
- Clean and disinfect high-touch areas in your "sick room" and bathroom. Someone else should clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- Use household cleaners and disinfectants. Clean the area with soap and water or another detergent if dirty. Then, use a household cleaner.
- Surfaces you touch regularly such as sinks, fixtures, toilet, 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.



## How 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 your cough or shortness of breath have improved AND
- At least 10 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://cdc.gov/coronavirus)