

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

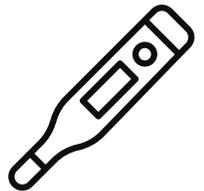
- Clean and disinfect high-touch areas in your "sick room" and bathroom. Someone else should clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- Use household cleaners and disinfectants. Clean the area with soap and water or another detergent if 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 24 hours 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