

STUDENT HEALTH SERVICES

I HAVE COVID – NOW WHAT DO I DO?

BACKGROUND

- COVID-19 is a virus that causes a respiratory illness.
- Most people infected have a mild illness (like a common cold) while others have experienced more severe symptoms that sometimes require hospitalization. Deaths from COVID-19 have also occurred.
- The COVID-19 virus is thought to spread mainly from person to person in the following ways:
 - Between people who are in close contact with one another (within about 6 feet) by respiratory droplets produced when a person talks, coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Close personal contact, such as touching or shaking hands.
 - Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.

WHAT SHOULD I DO IF I TEST POSITIVE?

- Stay in your residence to recover even if you have roommates. Students will not be moved from their rooms.
- If you share a room with another person, you should wear a mask in the room.
- Please note there are no remote classes offered for students with COVID.
- **You can return to normal activities when you are feeling better overall and you are fever-free for at least 24 hours without the use of any fever-reducing medications. Continue to wear a mask when around others (including in your room) for the next 5 days.**
 - If you test positive but do not have a fever, you may go to class and participate in normal activities as long as you wear a mask.

WHAT INFORMATION CAN I PROVIDE TO MY CLOSE CONTACTS?

- Inform your close contacts that you are sick with the respiratory virus COVID-19.

WHAT IF I STILL HAVE QUESTIONS OR CONCERNS?

- For more information visit https://www.cdc.gov/respiratory-viruses/guidance/index.html#cdc_generic_section_1-cdc-respiratory-virus-guidance
- You should email Student Health Services at SHS@conncoll.edu or call (860) 439-2275. Our hours are Monday through Friday, 8:30am to 5:00pm. We are happy to answer your questions and wish you a speedy recovery!

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Respiratory Virus Guidance Snapshot



Core Prevention Strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional Prevention Strategies

Masks



Distancing



Tests



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

*Stay home and away from others until,



and



Your symptoms are getting better

You are fever-free (without meds)

for 24 hrs



Then take added precaution for the next 5 days



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