

## Student Health, Wellness, and Prevention of Spreading COVID-19 (final, 4/1/2020)

There is ample information on how best to recognize and address COVID-19 symptoms. This compilation is designed to provide key information quickly. Below are answers to common questions asked by students. Please note that guidance may change as more is known about COVID-19 and its spread. Check <https://www.cdc.gov/coronavirus> for updates.

Further information is available at <https://yalehealth.yale.edu>. Contact Student Health at 203 432-0312.

### What do I do if I feel sick, particularly with fever >99.9, cough, or shortness of breath?

- Symptoms of COVID-19 can include the above + any combination of: sore throat, headaches, body aches, fatigue, nausea, loss of smell/taste:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>

- Call us for guidance, whether you are in New Haven or away:
  - Student Health 203 432-0312 during normal business hours 8:30am-5:00pm
  - Hotline 203 432-6604 or Acute Care 203 432-0123 evenings and weekends
  - If you are away and require urgent care, contact your local provider or facility
  - Please do not show up at a clinic, urgent care or other health facility without contacting it first.

### What do I do if I have presumed COVID-19?

- Take care of yourself. Rest as much as possible. Drink lots of fluids. Use Tylenol or ibuprofen for fever, aches and pains. If you would prefer to avoid ibuprofen, use Tylenol.
- Take your temperature twice a day and monitor your symptoms.
- Restrict activities outside your home, except for getting medical care. Always call ahead before presenting at a medical care facility.
- Separate yourself from other people and animals in your home. Your own room and bathroom is best.
- Do not go to work, school or public areas.
- Avoid using public transportation, taxis, or ride-share.
- If you have one, wear a face mask around other people in your home, or around pets, and before entering a healthcare provider's office.
- Cover coughs and sneezes with a tissue and throw away in a lined trashcan. Wash hands thoroughly afterwards. Soap and water is best.
- Avoid sharing personal household items like dishes and glasses, or bedding.
- Wash your hands often with soap and water for 20 seconds. If you can't wash your hands, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Rub hands together until dry.
- Clean all "high touch" surfaces every day, such as counters, tables, doorknobs, light switches, bathroom fixtures, phones, and keyboards.
- Use a household cleaning product to clean, following the manufacturer's recommendations.
- If you are having a medical emergency, call 9-1-1. Notify dispatch that you have or may have COVID-19
- Remain in home isolation for 7 days from symptom onset AND until 72 hours after your fever has resolved without the use of fever-reducing medications (and symptoms get better).

- Keep in touch with your healthcare provider for ongoing guidance regarding care and release from isolation.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

## I have been in close contact with someone who has a confirmed case of COVID-19, what should I do?

*Close contact* is defined as being within approximately 6 feet (2 meters) of a person with confirmed COVID-19 for over five minutes, or having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on) without wearing personal protective equipment.

If you had *close contact* with a person with confirmed COVID-19, but you do not have any symptoms (fever, coughing, shortness of breath):

- Stay at home for 14 days after your last contact with the ill person. Do not go to school or work. Avoid public places.
- During the 14 days, check your temp twice a day, and monitor for cough and shortness of breath.

If you develop symptoms of COVID-19 infection — such as a fever >99.9, cough or shortness of breath, please follow the precautions listed in the “[What do I do if I have presumed COVID](#)” Q&A, including staying home and avoiding contact with others, and call us:

- Student Health 203 432-0312 during normal business hours 8:30am-5:00pm
- Hotline 203 432-6604 or Acute Care 203 432-0123 evenings and weekends
- Please do not show up at a clinic, urgent care or other health facility without contacting it first

## What can students in communal living situations (e.g., roommates sharing an apartment) do to prevent the spread of COVID-19?

The community transmission of COVID-19 is continuing locally, in the region, and in the United States. Do your part to help prevent the spread of COVID-19.

It’s critical to minimize the number of people who get seriously ill at the same time. If too many people get sick all at once, this will put too much of a burden on our health care system. If that happens, people at highest risk — people over 60, and those with underlying health conditions may not be able to get the care they need if they get seriously ill.

Students who live in communal living situations should take these steps to prevent the spread of COVID-19:

- **Stay calm.** Remember that when young adults get sick with COVID-19, they almost always have mild symptoms.
- **Clean your room and bathroom daily.** Use [a disinfectant](#) to clean high-touch surfaces regularly, such as door handles, light switches, remotes and phones.
- **Practice social distancing.** Maintain a 6-foot distance from others. Avoid parties and get-togethers.
- **Wash your hands.** Good handwashing hygiene is even more important for people living in close proximity. Use soap and water, scrub for 20 seconds and dry your hands. Repeat often.
- **Don’t touch your face.** Avoid touching your mouth, nose and eyes, unless you have just washed your hands.

## What can I do if somebody in my communal living situation develops symptoms of COVID-19 infection (fever, cough, shortness of breath)?

- That person should stay home, self-isolate and avoid contact with others, and follow the advice in the FAQ [“What do I do if I have presumed COVID?”](#)
- If sharing a bathroom and/or kitchen is unavoidable, create a schedule so that the ill person is able to use the bathroom and kitchen alone, and then disinfect before housemates use the same space.

## How should I clean and disinfect communal spaces?

The U.S. Centers for Disease Control and Prevention (CDC) recommends cleaning and disinfecting frequently touched surfaces (e.g., door knobs, tables, computer keyboards, handrails, light switches). Common EPA-registered household disinfectants, an alcohol solution with at least 70% alcohol, or a 10% bleach/water solution is good for larger areas requiring disinfection. Single use disinfectant wipes can be used for touch points. Remember to wear gloves when cleaning and dispose of them immediately after cleaning.

## I want to get tested for COVID-19. Where can I go?

- If you are sick with fever >99.9, cough, or shortness of breath, a frontline healthcare worker, or in a high-risk category (>60 years old, chronic heart, lung, liver, or kidney disease, diabetes, immunosuppressed, pregnant), contact Student Health for advice. If you are at risk for serious illness, your healthcare provider may arrange a test for COVID-19 at Yale if you are local, or advise you to contact a local provider if you are away.
- Testing for the COVID-19 virus is conducted by taking a nasal swab.
- If you do not have a high risk condition and your symptoms are mild, you do not need to be tested for COVID-19, because management would be the same. There is no specific treatment for COVID-19 at this time.
- In both cases, follow the instructions in the FAQ [“What do I do if I have presumed COVID?”](#) and avoid contact with others.
- Maintain contact with your healthcare provider for guidance regarding isolation and care. This applies to students remaining in the New Haven area as well as those who have left CT:
  - Student Health 203 432-0312 during normal business hours 8:30am-5:00pm
  - Hotline 203 432-6604 or Acute Care 203 432-0123 evenings and weekends

## [CDC Testing for COVID-19](#)

## What do I do if I've tested positive for COVID-19?

- The only difference between what to do with a positive test and presumed COVID-19 is the duration of self-isolation.
- Follow guidance for [“What do I do if I have presumed COVID,”](#) except:
  - For COVID-19 confirmed by testing, remain in home isolation at least 14 days from symptom onset, AND at least 72 hours after your fever has resolved without the use of fever-reducing medications (and symptoms get better).

## What do I do if I have COVID-19 symptoms and test negative?

- The rate of false negative testing is unclear.

- We therefore recommend that anybody with symptoms consistent with COVID-19 and a NEGATIVE test result self-isolate for 7 days from symptom onset AND until 72 hours after your fever has resolved without the use of fever-reducing medications (and symptoms get better).

### Should I wear a mask in public?

We must keep our frontline healthcare workers safe while caring for those of us sick with COVID-19, so that they can continue to do their jobs. There is a national shortage of all forms of Personal Protective Equipment (PPE). Public health agencies currently do not recommend that people wear masks when they are in public, however this recommendation may soon change if/when PPE supplies increase.

### What should I do if I have an underlying health condition, am over age 60, or am immunosuppressed or pregnant?

- People with preexisting health conditions are at higher risk to develop complications from a COVID-19 infection.
- People at higher risk of severe illness should stay home and away from public places except for essential activities (such as going to the grocery store or pharmacy).
- People at higher risk include people:
  - Over 60 years of age
  - With underlying health conditions, including include heart disease, lung disease, or diabetes
  - With weakened immune systems
  - Who are pregnant

Caregivers of children with underlying health conditions should consult with healthcare providers about whether their children should stay home. Anyone who has questions about whether their condition puts them at risk for novel coronavirus should consult with their healthcare providers.

If you are at higher risk for serious illness from COVID-19, it is extra important for you to [take actions](#) to reduce your risk of getting sick with the disease:

- Stock up on supplies.
- **Take everyday precautions** to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- **Avoid crowds** as much as possible.
- **Avoid** non-essential plane and train travel.
- **Stay home** as much as possible to further reduce your risk of being exposed.

### Are there steps individuals, families and communities can take to help prepare if there is widespread transmission of COVID-19?

The CDC has a guide for individuals, families and communities on prevention and mitigation of the spread of viruses, including COVID-19. These steps include many of those listed above for personal health, as well as others relevant for broader community efforts.

[CDC Prevent Getting Sick](#)