

I. **What students need to know about COVID-19:**

a. Protect Yourself and Others from Illness

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick. Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Cough and sneeze into your elbow, not your hands.
- Clean and disinfect frequently touched objects and surfaces.

b. What is self-quarantine and self-isolation?

- *Quarantine* is the separation of a person who is not symptomatic but believed to have been exposed to an infectious disease. Separation from others who have not been exposed is designed to prevent the possible spread of the communicable disease. *Isolation* is the separation of people who have the disease as confirmed by testing.
- You should self-quarantine for 14 days if you have recently traveled outside of the CSRA, especially internationally or from areas of the United States that currently have high levels of disease (e.g., New York, California, Washington state, Louisiana, and others). During this time, you need to check your temperature twice a day, avoid all contact with other people and practice stringent prevention procedures. If you are told to self-isolate (i.e., if your COVID-19 test is positive), then you need to practice prevention, check your temperature twice a day, and try to have a separate bathroom and bedroom not shared with family members. Have food, medications, and supplies delivered to your front door. Use disposable eating utensils, plates, and cups.

c. What should I do if I develop symptoms? If you have fever (over 100.1) AND one of the following symptoms (cough, shortness of breath, sore throat, headache, bone pain, diarrhea, or severe fatigue), call the free AU-Health COVID Hotline: 706-721-1852 or download the free virtual physician visit app AU-Health ExpressCare. Based on your responses, they may refer you to get a free drive-through COVID test.