



HEALTH INFORMATION FOR FHSU STUDENTS LIVING IN CAMPUS HOUSING

Living in group housing may increase your risks of exposure to communicable diseases, including to the coronavirus, COVID-19. This handout has been prepared to provide information to help keep you healthy, answer your questions about COVID-19 and provide instructions on actions to take if you experience symptoms of a respiratory illness.

What is COVID-19?

COVID-19 is the name of a particular type of coronavirus that has caused a worldwide outbreak of a respiratory illness.

How do people become infected with COVID-19?

The virus is spread through respiratory droplets produced when an infected person coughs or sneezes. You might inhale the droplets when in close contact with someone who is sick or, more likely, you transfer the virus to the mucus membranes in your eyes, nose or mouth after touching your face with a contaminated hand.

What can I do to prevent a COVID-19 infection?

The best way to prevent the infection is to avoid exposure.

- Wash your hands with soap and water thoroughly and often 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.
- Keep appropriate distance from others, especially someone sick with respiratory illness.
- A distance of at least six feet is recommended.
- Whenever possible, minimize touching contaminated surfaces like door handles, light switches and shopping cart handles, for example.
- Clean and disinfect frequently touched objects and surfaces around your living quarters using a regular household sanitizing product.

What are the symptoms?

Reported illnesses have ranged from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure. They include:

- Fever
- Cough
- Fatigue
- Shortness of breath (in more severe cases)

What do I do if I have symptoms?

Fortunately, most cases are mild and resolve on their own after about two weeks. If you are sick, take these steps to stop further spread of the virus.

- Stay in your room except to get medical care. Do not visit public areas. Do not use public transportation.
- Stay away from others. No visitors at all.
- Call the Student Health Center at (785) 628-4293 during normal business hours to speak with a nurse. Student Health Center nurses can provide information, support and supplies. They will also make sure you are connected with other campus services to ease the burden of your isolation.
- Monitor your symptoms. Take your temperature in the morning and evening. One consistent symptom of a COVID-19 infection is a temperature greater than 100.4. If you do not have a thermometer, the Student Health Center can get one to you.
- Continue to wash your hands with soap and water thoroughly and often for at least 20 seconds.
- Practice cough hygiene: cover your cough or sneeze with a tissue, then throw the tissue in a lined trash container.
- Clean and disinfect frequently touched objects and surfaces using a regular household sanitizing product.

Can I be tested for COVID19?

At this time (March 25, 2020), testing is not available in Hays for all individuals. The Kansas Department of Health has prioritized testing specimens from individuals at elevated risk of developing severe symptoms. This includes elderly persons and those with chronic diseases such as asthma, heart disease, diabetes and persons with immunity disorders. If you experience respiratory symptoms and have any of these underlying medical conditions you at elevated risk. Promptly contact a healthcare provider for evaluation.

When should I be concerned and what should I do?

Emergency warning signs of COVID-19 include:

- Fever greater than 100.4
- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion or severe fatigue
- Bluish lips or face

If you develop life-threatening symptoms call 911. Tell the operator that you may have COVID-19 and are in severe distress.

Where can I get more information?

Official websites will have the most up-to-date information about COVID-19.

- FHSU: <https://www.fhsu.edu/student-health/health-alerts>
- Student Health Center: (785) 628-4293
- Hays Medical Center COVID-19 Hotline - (877) 261-7140
- United States: <https://www.coronavirus.gov/>
- The Centers for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/>
- Kansas Department of Health - <https://govstatus.egov.com/coronavirus>