



STUDENT HEALTH SERVICES

APPOINTMENT LINE: 903-886-5853

HOURS: Monday-Friday 8 a.m. to 5 p.m.

Henderson Hall, Lot J | SHS.tamu-commerce.edu



THE MANE
WAY FOR A
HEALTHY
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COVID-19(CORONAVIRUS) PATIENT INSTRUCTIONS

ABOUT COVID-19

COVID-19 is a viral illness that can affect your lungs and airways. Symptoms of COVID-19 may be mild or severe. They can include:

- Fever or chills(temperature above 100.4 °F or 38 °C)
- Cough Breathing problems (such as shortness of breath or chest tightness)
- Body aches
- Sore throat
- Nasal congestion
- Fatigue (feeling very tired or having very little energy)
- Muscle or body aches
- Lost sense of taste or smell
- Headaches
- Nausea or vomiting
- Diarrhea (loose or watery bowel movements)

You may start to notice these symptoms 2 to 14 days after you're exposed to the virus. Your symptoms may last for 1 to 3 weeks.

Some people who have COVID-19 don't have any symptoms (are asymptomatic). Even if you don't have symptoms, you can still spread the virus to other people.

Many people have a cough for several weeks after having a viral illness such as COVID-19. As long as your cough is the same or getting better, you don't need to worry. Cough into your elbow or cover your mouth and nose with a tissue when you cough. If your cough gets worse, you have blood in your sputum

(mucus that you cough up) that you haven't had before, or you start coughing up more sputum, call your healthcare provider.

How to Manage Your Symptoms

- You can use acetaminophen (Tylenol) to help treat fever, body aches, and headaches. Don't take more than 4 grams (g) of acetaminophen in 24 hours. Taking too much can harm your liver.
- You may use Ibuprofen to help treat fever, body aches and headaches. You may take 400mg-600mg 3 times per day as needed. Do not take Ibuprofen if you have ever had a bleed in stomach, an ulcer or kidney disease.
- Over-the-counter cold medications won't make COVID-19 go away faster. But, they can help if you're coughing, have a sore throat, or have nasal congestion (a stuffy nose). Don't use a decongestant if you have high blood pressure.
- Antibiotics won't make COVID-19 go away faster. Don't take antibiotics unless your healthcare provider tells you to.

How to Avoid Spreading COVID-19

COVID-19 can easily be passed from one person to another. It can spread in droplets in the air or left on surfaces after a sick person coughs or sneezes. It can also spread if someone touches a sick person and then touches their eyes, nose, or mouth.

If you have COVID-19 and have symptoms, keep following these instructions until:

- You haven't had a fever above 100.4 °F (38 °C) for at least 24 hours without using medication to lower fevers. Examples of these medications include acetaminophen (Tylenol), ibuprofen (Advil), naproxen (Aleve), full dose aspirin (more than 81 mg daily), and indomethacin
- 10 days have passed since the onset of your symptoms.
- Your breathing problems have gotten better or your breathing is back to usual.

If you have not shown any symptoms, but tested positive for covid-19, keep following these instructions until:

- 10 days have passed since the date of positive test.

EATING AND DRINKING

- Eat light meals. For example, have 6 small meals throughout the day instead of 3 big ones. This will help with nausea and appetite loss.
- Drink 6 to 8 (8-ounce) glasses of liquids every day. Good choices are water, sport drinks, soft drinks without caffeine, juices, tea, and soup. This will help you stay hydrated and help loosen mucus in your nose and lungs.

STAY HOME EXCEPT TO GET MEDICAL CARE

- Avoid doing anything outside your home except for getting medical care.
- Don't go to work, school, or public areas.
- Avoid using public transportation, ride-sharing services, and taxis. If you need medical care, call your healthcare provider first to tell them you're coming.
- If you need to go outside your home, wear a cloth face covering, if you can.

SEPARATE YOURSELF FROM OTHERS IN YOUR HOME

- Choose a room in your home.
- Open the windows to help air flow.
- Stay in that room away from other people and pets as much as you can. Use a separate bathroom, if you have one.
- At least once a day, clean and disinfect the surfaces you touch often (such as phones, remote controls, doorknobs, bathroom fixtures, toilets, keyboards, tablets, counters, tabletops, and bedside tables).
- If the surface is dirty, use soap and water or a household cleaning spray or wipe first. Then, use a household disinfectant. Follow the instructions on the label.
- Stay at least 6 feet (2 meters) away from other people and pets in your home as much as you can.
- Don't let anyone visit you.
- Wear a cloth face covering (such as a bandana, scarf, or handkerchief) over your nose and mouth if you need to be around other people or pets, even at home.
- Don't wear a cloth face covering if you have breathing problems when you wear it or if you can't take it off by yourself.

- Cover your coughs and sneezes
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissues in a waste bin with a liner and lid.
- Clean your hands right away after you cough or sneeze and wash your hands.
- Wash your hands with soap and water, wet your hands and apply soap. Rub your hands together well for at least 20 seconds, then rinse. Dry your hands with a disposable towel and use that same towel to turn off the faucet. If you don't have disposable towels, it's OK to use clean cloth towels. Replace them when they're wet.
- If you're using an alcohol-based hand sanitizer, be sure to cover all of your hands with it, rubbing them together until they're dry.
- Avoid sharing personal household items
- Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- Wash used dishes, drinking glasses, cups, and eating utensils well with soap and water or a dishwasher.
- Keep your dirty laundry in a laundry bag.
- Don't shake your dirty laundry. Wash it using regular laundry soap on the hottest setting available. Dry it well.

TIPS FOR MANAGING STRESS

- It's normal to feel worried about COVID-19, especially if you or your loved one is sick.
- You can take care of yourself by doing things such as:
- Calling or video chatting with a friend or loved one.
- Starting a new hobby or doing an activity you usually don't have time for.
- Taking a break from the news.

WHEN TO CONTACT YOUR HEALTHCARE PROVIDER

Call your healthcare provider right away if:

- You have trouble breathing when you're resting.

- You have trouble breathing when you walk short distances. An example of a short distance is walking from one room to another, about 25 feet (7.6 meters).
- You have a fever of 102 or higher that lasts for 24 hours and doesn't get better after you take Tylenol or ibuprofen.
- You have blood in your sputum.
- You have chest pain.

If it is an emergency, call 911. Be sure to let EMS know you have tested positive for covid-19 or are waiting for covid-19 results so that necessary precautions are taken to keep everyone safe.