

MCKENDREE UNIVERSITY

INFORMATION ON COVID-19

INFORMATION OBTAINED THROUGH THE CENTERS FOR DISEASE CONTROL AND PREVENTION

SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with the following symptoms may have COVID-19:

- Fever of 100.4° F (38° C) or above
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Chills
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Studies show a significant portion of individuals with COVID-19 lack symptoms ("asymptomatic") and even those who eventually develop symptoms ("pre-symptomatic") can transmit the virus to others before showing symptoms.

WHEN TO SEEK MEDICAL ATTENTION

If you're experiencing any of the symptoms above, you might have COVID-19. If you think you might have COVID-19, follow the steps below to care for yourself and help protect other people in your community.

- Stay home/in your residential assignment. Do not leave, except to get medical care. Do not visit public areas.
- Contact the Health Services Office immediately (618-537-6503). If calling outside of business hours, contact Public Safety (618-537-6911) or your area's duty phone number.
- Separate yourself from other people. The University may require you to self-isolate or quarantine depending on the situation. If this happens, we will determine the best course of action for your classes, meals, etc.
- Seek Emergency Medical Attention if you or someone else is showing any of these signs:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face

WHERE TO FIND MORE INFORMATION

- World Health Organization Website: www.who.int
- Centers for Disease Control & Prevention Website: www.cdc.gov
- Illinois Department of Public Health: www.dph.illinois.gov
- McKendree University Updates: www.mckendree.edu/COVID

PREVENTING THE SPREAD OF COVID-19

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WEARING A FACE MASK

- COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, talks, or raises their voice. These droplets can land on the mouths or noses of nearby people or possibly be inhaled into the lungs.
- To reduce the spread of COVID-19, the University requires the use of face masks on campus and has provided every student, staff, and faculty member with two face masks for this purpose.
- Wash your face mask often. It is recommended to wash your face mask after every use in the washing machine with regular detergent or by hand.
- For specifics on the University's face mask policy, see the policies page or view the Student Handbook.

COVER YOUR COUGHS & SNEEZES

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw away used tissues in a lined trash can.
- Immediately wash your hands or clean your hands with hand sanitizer.

CLEAN YOUR HANDS OFTEN

- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Use hand sanitizer if soap and water are not available. Use alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. The University will have hand sanitizer stations available throughout campus.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

CLEAN ALL "HIGH TOUCH" SURFACES DAILY

- High touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- Use household cleaners and disinfectants. Be sure to follow the instructions on the label to ensure safe and effective use of the product.

KEEP SAFE BY SOCIAL DISTANCING

Social distancing (or physical distancing) means keeping a safe space between yourself and other people who are not from your household, or in this case, residential assignment. COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Social distancing can significantly reduce the chances of the virus spreading, even from people who are infected but do not show symptoms yet. Some tips for social distancing are:

- Prepare before you go - know the guidelines of the area & always bring a mask in case you need it
- Limit contact when running errands & protect yourself when using transportation
- Use drive-thru, curbside pick-up, or delivery services - wear a face mask during exchanges
- Choose safe social activities - stay connected by calling, using video chat, or through social media
- Keep distance at events and gatherings - it's safest to avoid crowded places
- Stay distanced while being active - choose locations where you can maintain at least 6 feet of distance