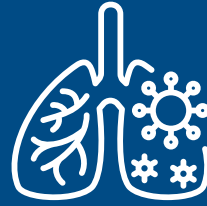


# RESPIRATORY ILLNESS



**UCDAVIS**  
STUDENT HEALTH AND  
COUNSELING SERVICES

## Steps to help prevent the spread of respiratory illness if you are sick

**Follow the steps below:** If you are sick with respiratory symptoms or your medical provider thinks you are likely to have COVID-19, you will be asked to self-isolate, follow the steps below as outlined by the CDC to help protect other people in your home and community.

### Stay home except to get medical care

- **Stay home:** People who are mildly ill with viral respiratory illness are able to recover at home. Do not leave, except to get medical care. Do not visit public areas. If you live in the dorm, your campus housing team will communicate with you regarding how you get meals and other essentials.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency. Options for medical care:
  - **For emergencies, call 9-1-1**
  - **To arrange to speak to an advice nurse, call Student Health and Counseling 24 hours at 530-752-2349.**
  - Go online to schedule a phone visit with your primary care provider at Student Health and Counseling: Click the blue “Login to Health-e-Messaging” button at this link: <https://shcs.ucdavis.edu/services/appointments>
  - Make a telehealth visit online (for primary care, counseling, or psychiatry) through LiveHealth online at: <https://shcs.ucdavis.edu/node/1170>. Please be sure and use the coupon code, at this link, applicable for your type of visit.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



### Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.



- Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
- When possible, have another member of your household care for your animals while you are sick. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.

### Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



### Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider’s office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



### Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Clean your hands often

- **Wash hands:** 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.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



## Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.



## Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

Disinfection guidance from the CDC can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>



## Monitor your symptoms

- **Seek medical attention, but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
  - **Call your doctor before going in:** Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.



- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include\*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

**Call 9-1-1 if you have a medical emergency:** If you have a medical emergency and need to call 9-1-1, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

## How to discontinue home isolation

- **People with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:

- **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
  - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
  - AND
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)
  - AND
  - at least 7 days have passed since your symptoms first appeared
- **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
  - You no longer have a fever (without the use medicine that reduces fevers)
  - AND
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)
  - AND
  - you received two negative tests for COVID-19 in a row, 24 hours apart. Your doctor will follow **CDC guidelines**.



In all cases, **follow the guidance of your healthcare provider. If you have been diagnosed with COVID-19, follow the instructions provided by your doctor and the public health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments.

**UC Davis Student Health and Counseling Services**  
<https://shcs.ucdavis.edu>