

# COVID 19 - Helpful Hints

Your safety and wellbeing is our top priority. Salem University is doing everything we can to help make your learning experience a safe one. However, here are some helpful hints regarding your health and safety. For more updated information, visit: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

## IF YOU FEEL SICK?



### STAY IN YOUR ROOM EXCEPT TO GET MEDICAL CARE

- **Stay in your room.** Most people with COVID-19 have mild illness and can recover without medical care. Do not leave your room, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, as recommended by the CDC, such as Tylenol to help you feel better.
- **Stay in touch with the Salem University Staff.** Be aware of warning signs. Be sure to get care if you have trouble breathing, or have any other [emergency warning signs](#), or if you think it is an [emergency](#). Please notify your coach or instructor.
- **Avoid public transportation**, ride-sharing, or taxis. The university provides transportation if needed.



### SEPARATE YOURSELF FROM OTHER PEOPLE

- **As much as possible, stay in a specific room** and away from other people. If you need to be around other people around campus, wear a cloth face covering or mask.



### MONITOR YOUR SYMPTOMS

- **Symptoms of COVID-19 fever, cough, or other symptoms.**
- **For online students, follow care instructions from your local health department.** Your local health authorities may give instructions on checking your symptoms and reporting information.



### AVOID SHARING PERSONAL ITEMS

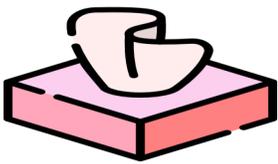
- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding.
- **Wash these items thoroughly after using them** with soap and water.

# TIPS TO STAY HEALTHY



## 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 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** are the best option, especially if hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



## COVER YOUR COUGHS AND 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** 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.



## WEAR MASKS IN PUBLIC PLACES

- You should wear a **cloth face covering**, over your nose and mouth if you must be around other people.
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing, for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you. While on campus, please follow current University guidelines.



## CLEAN ALL HIGH TOUCH SURFACES REGULARLY

- **Clean and disinfect** high-touch surfaces in your room; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- Most EPA-registered household disinfectants should be effective. A full list of disinfectants and how to properly use them, can be found at: [Complete Disinfection Guidance](#)