

How to self-isolate during COVID-19

Self-isolation is recommended for people who have tested positive for COVID-19 or are symptomatic and awaiting test results. It can be discontinued under the guidance of Watkins Health Services or your physician.

Stay at home.



Limit all non-essential travel unless you're going out for medical care, in which case avoid ride-shares, riding with others and public transit.

Use delivery services.

Monitor your health.



Check your temperature at least twice a day. If symptoms get worse, immediately call **Watkins Health Services at 785-864-9500.**

Know when to call for help.



Immediately call Watkins Health Services, or your physician, or seek immediate medical care if you have any of the following:

- » Trouble breathing
- » Persistent pain or pressure in the chest
- » Inability to wake or stay awake
- » Bluish lips or face
- » New confusion

Emergency services.



If you are experiencing an emergency, call 911. Emergency services also available at Lawrence Memorial Hospital. **LMH Health: 785-505-5000**, 325 Maine Street, Lawrence, Kansas 66044. Call the hospital before arrival and notify them you might have COVID-19.

Take care of yourself.



Regularly wash your hands with soap and water or use hand sanitizer with at least 60% alcohol.

Cover your coughs and sneezes. Avoid sharing personal items, and wipe down household surfaces often. Rest and hydrate regularly. Consult your physician for medication to manage symptoms.

Stay in a specific room.



Designate a "sick room." Stay away from roommates and pets. Limit use of common areas and if possible, have a designated toilet and bathroom as well. Caregivers should wear a mask.

Contact-less delivery services.



FOOD: unmistakablylawrence.com

PHARMACIES: **Watkins Health Services Pharmacy** located on KU campus at 1200 Schwegler Drive. 785-864-9500

Walgreens at 400 W 23rd St. 785-832-8388

CVS at 2300 Iowa St. 785-832-1112

KU Student Housing



Students living in **KU Student Housing** will receive additional information about meal options and their quarantine/isolation from their building staff.

How to self-quarantine during COVID-19

Self-quarantine is recommended for individuals who have been directly exposed to COVID-19 or have traveled to Kansas from locations listed by KDHE.

coronavirus.kdheks.gov

Stay at home.



Limit all non-essential travel unless you're going out for medical care, in which case avoid ride-shares, riding with others and public transit.

Minimize time outside room, utilize delivery and drive through.

Monitor your health.



Check your temperature at least twice a day. If symptoms get worse, immediately call **Watkins Health Services at 785-864-9500**.

Know when to call for help.



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Cover your coughs and sneezes. Avoid sharing personal items, and wipe down household surfaces often. Rest and hydrate regularly. Consult your physician for medication to manage symptoms.

Practice good hygiene.



Regularly wash your hands with soap and water or use hand sanitizer with at least 60% alcohol.

Cover your coughs and sneezes. Avoid sharing personal items, and wipe down household surfaces often. Practice good mental and physical hygiene and consult with Watkins or your physician about how you can safely stay active.

Practice social distancing.



If you need to go out, maintain at least 6 feet of distance from others. Wear a mask when around others and do not host visitors. (In other words, no hanging out or going out with friends!)

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COVID-19 KNOW THE FACTS

What is COVID-19?

COVID-19 is a disease caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new coronavirus (SARS-CoV2) that has spread all over the world. Symptoms can range from no symptoms to mild to severe illness.

How does it spread?

You can become infected by coming into close contact (about six feet or two arms' length) with a person who has COVID-19—whether that person feels sick or not. You can become infected from respiratory droplets when an infected person coughs, sneezes, talks, sings, etc.

You may also contract it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

What are the symptoms?

If you experience any of the following symptoms, call Watkins Health Services at 785-864-9500 immediately.

- » Chills, or fever above 100 degrees
- » Cough
- » Shortness of breath or difficulty breathing
- » Sore throat
- » Fatigue
- » Muscle or body aches
- » Headache
- » New loss of taste or smell
- » Nausea or vomiting
- » Diarrhea
- » Congestion or runny nose

Seek emergency medical care if you have any of the following symptoms:

- » Difficulty breathing
- » Persistent pain or pressure in chest
- » New confusion
- » Inability to wake or stay awake
- » Bluish lips or face

Can I prevent COVID-19?

There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.

- » Stay home as much as possible and avoid close contact with others.
- » Wear a face covering or mask that covers your nose and mouth in public settings.
- » Clean and disinfect frequently touched surfaces.
- » Wash your hands often with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol.

What if I think I'm sick?

Notify Watkins Health Services immediately via phone call. Based on symptoms reported, you will be provided with recommendations. Follow recommendations, monitor symptoms, separate from others, and maintain proper hygiene.

- » Stay home if you are sick, except to get medical care.
- » Separate yourself from other people and pets.
- » Avoid sharing personal household items.
- » Clean and disinfect frequently touched surfaces.
- » Wash your hands often with soap and water.
- » Wear a face covering that covers your nose and mouth if you must be around others.
- » Cover your coughs and sneezes with a tissue.

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