

## Covid-19 Information

## When you may have a respiratory virus, such as Covid-19...

Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.

- Dickinson can provide <u>meals</u> when you are sick.
- If you have questions or concerns about your symptoms:
  - o During normal hours, contact the Wellness Center at **717-245-1663.**
  - o On evenings or weekends, contact AccessNurse, at 877-229-4183.
- If you have <u>emergency symptoms</u>, such as shortness of breath, trouble breathing, or inability to keep down food or drink, seek medical care immediately.
  - If you are on campus, call the Department of Public Safety (DPS) at 717-245-1111 for any emergencies.
- You can go back to your normal activities when, for at least 24 hours, both are true:
  - Your symptoms are getting better overall, and
  - $_{\circ}$  You have not had a fever (and are not using fever-reducing medication).
- When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional <u>steps for cleaner</u> <u>air</u>, <u>hygiene</u>, <u>masks</u>, <u>physical distancing</u>, and/or <u>testing when you</u> will be around other people indoors.
  - Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.