COVID-19 Selfcare

If you are experiencing symptoms of COVID-19, you will need to rest and monitor your symptoms at home.

**What is Self-Care?** Rest, drink enough fluids, and treat symptoms at home.

Here are some over the counter medications you can try: (follow the directions on the box for how much/how many to take and how often)

- Tylenol (if not allergic or it doesn’t interact negatively with any of the medications or health problems you may have)
- Guaifenesin for cough
- Pseudoephedrine or phenylephrine for stuffy nose
- Diphenhydramine for runny nose

**What does Self Isolation mean?**

- Stay home with a strict no visitor policy
- Avoid public areas
- Avoid public transport, rideshares, and taxis
- Stay in an assigned “sick” room, use a separate bathroom if available
- Limit contact with pets and animals
- Call ahead to healthcare facilities before presenting (wear a mask if you have one)

Cover your coughs/sneezes with tissue. Dispose in a lined trash can, then wash your hands for 20 seconds with soap and water or use hand sanitizer that is at least 60% alcohol and do it often. Avoid touching your eyes, nose, and mouth.

Do not share eating/drinking dishes or any linens with others.

**What to do if you develop worrisome symptoms:**

- If you develop concerning symptoms, call Student Health at (805) 893-7129. If it is after hours, please call the After-Hours Triage line at (877) 351-3457.

**If you develop the following emergency warning signs, call 911:**

- Difficulty breathing
- Persistent pain or pressure in chest
- Bluish lips or face
- Confused or hard to wake
- Other serious symptoms

**Cleaning and Disinfection:** Clean frequently touched and visibly soiled surfaces. Most household disinfectants work. Follow label instructions wearing gloves if appropriate to the agent.

**You can discontinue home isolation if your answer is “YES” to all of the following:**

1. It has been a full ten (10) days since the onset of your first symptom AND
2. You have not had a fever at any time in the last 24 hours AND you have not taken any fever-reducing medication AND
3. Your symptoms are improving, not worsening