

## **REQUIRED DAILY COVID-19 ASSESSMENT**

**EVERY MORNING INCLUDING WEEK-ENDS** 

# PRIOR TO MEALS, CLASSES, PRACTICES, WORK, ANY CAMPUS ACTIVITY

#### DO SELF-EVALUATION

#### "DO I HAVE ANY OF THE FOLLOWING SYMPTOMS?"

#### COUGH

Dry---does not produce mucus

**Persistent** 

Starts back of throat produces barking or coarse sound

Leaves you short of breath

Coughing frequently over an hour or 3 or more episodes per day





#### SHORTNESS OF BREATH OR DIFFICULTY BREATHING

Unexpected feeling out of breath or winded

Feeling of suffocation

**Breathing harder** 

Difficulty getting air with exertion---unable to take 10 steps without stopping to catch breath

#### **MUSCLE PAIN**

Generalized throughout the body

Tenderness to the touch of the muscle or pain with movement of muscle

Does not resolve in 48 to 72 hours





#### **FATIGUE**

Feeling of tiredness Overall lack of energy **Drained** Weak Sluggish

#### **NEW LOSS OF TASTE OR SMELL**

Noted prior to other symptoms remains throughout illness Generally experience both







#### **CHILLS**

Feeling cold without apparent reason Constant last as long as hour or Persistent last several minutes Repetitive shaking

#### OTHER VIRAL INFECTION SYMPTOMS INCLUDING:

\*Headache \*Sore Throat \*Nasal Congestion and/or runny nose \*Nausea

#### TAKE TEMPERATURE

Single day temperature 100.4 F or Persistent of 99 F or higher



**Contact the School Nurse** \*cell 620-786-0392 \* located BCC Union Room 206 OR SEEK FURTHER MEDICAL ASSISTANCE BY CONTACTING

- YOUR HEALTHCARE PROVIDER
- **URGENT CARE (NOTIFY PRIOR TO ARRIVAL OF SYMPTOMS)**
- TELEMEDICINE IF AVAILABLE



# PLEASE ANSWER TRUTHFULLY AND TO THE BEST OF YOUR ABILITY THE FOLLOWING COVID-19 SELF-ASSESSMENT QUESTIONS

1.	Are you ill or have any symptoms of COVID-19?		
	(Refer to symptom chart on other side of card)	Yes	No
2.	Have you been exposed to anyone that was diagnosed with positive COVID-19?	Yes	No
	Have you been contacted by your Local Health Department of possible exposure?	Yes	No
3.	TRAVEL RELATED ISSUES		
	Have you traveled to any states listed on the Kansas Department of Health		
	and Environment (KDHE) Travel Restrictions within the last 14 days?	Yes	No
	(as of 6-29-2020 includes Arizona, Alabama, Arkansas, South Carolina and Florida)		
	<ul> <li>Have you recently traveled to any county in Kansas or a US state that is</li> </ul>		
	seeing recent increased numbers of positive COVID-19 cases?	Yes	No
	<ul> <li>Have you traveled Internationally since March, 2020?</li> </ul>	Yes	No
	<ul> <li>Have you traveled on a Cruise since March, 2020?</li> </ul>	Yes	No

IF YOU ANSWERED YES TO ANY OF THE QUESTIONS ABOVE AND HAVE A FEVER OF 100F OR HIGHER; OR ANY COMBINATION OF TWO SYMPTOMS OR MORE LISTED ON THE OTHER SIDE OF THIS CARD, PLEASE CONTACT:

STUDENT HEALTH NURSE, KATHY BROCK
Cell 620-786-0392
Office---BCC Union Room 206

And/ OR

#### **SEEK FURTHER MEDICAL EVALUATION THROUGH:**

- YOUR HEALTHCARE PROVIDER
  - URGENT CARE
- TELEMEDICINE (if available)

# **EMERGENCY WARNING SIGNS**

#### SEEK MEDICAL CARE IMMEDIATELY WITH THE FOLLOWING SYMPTOMS

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

IF CALLING 911---NOTIFY OPERATOR SEEKING ASSISTANCE FOR SOMEONE WITH POSSIBLE COVID 19

## **HOW TO PROTECT YOURSELF**

- Best protection avoid exposure to virus
- Main source of exposure---person to person
- Droplets produced while talking, sneezing and coughing can land in mouth or nose of person in close contact Inhaled into lungs
- Close contact within 6 feet of other individuals
- Can be spread by person showing no symptoms

#### 1. Wash hands often

- Minimum 20 seconds especially in public places or after blowing your nose, coughing or sneezing
- Use hand sanitizer with 60% alcohol if no water available Cover all surfaces
   Rub hands together until feel dry
- 2. Avoid touching eyes, nose and mouth with your hands
- 3. Social Distancing



- Keep distance between you and others
- At least 6 feet (2 arm lengths) from others
- For less than 10 minutes
- Avoid close contact with others especially if either of you are sick
- 4. Wear a mask when in groups or in public

## 5. Coughs

- Cover coughs and sneezes with tissue or inside of elbow
- Throw tissues in trash
- Immediately wash hands with soap and water

# 6. DO NOT SPIT unless in tissue or toilet

# 7. Clean and disinfect frequently touched areas

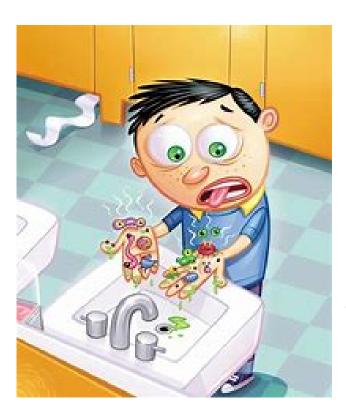
- Use soap and water followed by disinfectant
- Includes cell phones, landlines, I-pads, laptops, keyboards



# 8. Monitor health

# 9. Limit visitors and participating in large groups

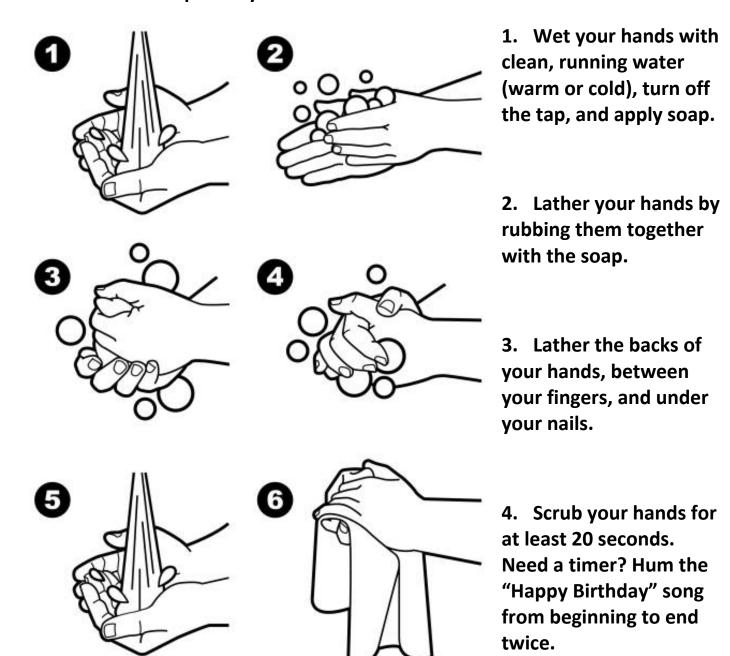




# GERMS PRESENT KEEP HANDS OFF FACE

# **HOW TO PROPERLY WASH HANDS**

Follow these six steps every time.



- 5. Rinse your hands well under clean, running water
- 6. Dry your hands using a clean towel or air dry.

# **SOCIAL DISTANCING:**

# What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.







# **AVOID**

Group Gatherings
Sleep Overs
Playdates
Concerts
Theatre Outings
Athletic Events
Crowded Retail Stores
Malls
Workouts in Gyms

Visitors in your House
Non-essential workers in
your House
Mass Transit Systems

# **USE CAUTION**

Visit a local Restaurant
Visit Grocery Store
Get Take Out
Pick up Medications
Play Tennis in a Park
Visiting the Library
Church Services
Traveling

# Safe to DO

Take a Walk Go for a Hike Yard Work

Play in your Yard Clean out a Closet

Read a Good Book

Listen to Music

Cook a Meal

Family Game Night

Go for a Drive

**Group Video Chats** 

Stream a favorite show

Check on a Friend

**Check on Elderly Neighbor** 

Courtesy of: Barton Community College

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# **MASKS**

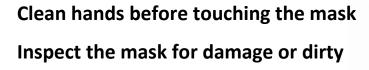


Use a face covering to protect others in case you're infected but do not show symptom

Keep covering on your face the entire time you are in public.

While wearing, don't touch the mask and if you do, clean your hands.

# **DO'S for Wearing Masks**





Adjust the mask to your face without leaving gaps on sides

Cover your mouth, nose and chin

If mask has pleats across it, wear with pleats going down

Identify what is the inside/outside of the mask.

Avoid touching mask while wearing

Clean hands before removing mask

Remove the mask by the straps behind the ears or ties behind the head

Pull mask away from you face

Store the mask in a clean plastic, reseal able bag

If it is not dirty or wet and you plan to reuse it

Remove the mask by the straps when taking out of bag

Wash the mask in soap or detergent preferably in hot water at least once day

Clean your hands after removing the mask

# **DON'Ts for Mask Wearing**

Do NOT use a mask that looks damaged

Do NOT wear a loose mask

Do NOT wear the mask under the nose

Do NOT wear a dirty or wet mask

Do NOT share your mask with others



# **KNOW YOUR COUGH, THE BASICS**

Occasional cough is healthy.

A cough that requires medical attention.

- Persists for weeks
- Produces bloody mucus
- Fever present
- Dizziness
- Fatigue

# **Cough questions**

- How long has cough lasted? Days, weeks, months?
- When is the cough most intense? Night, morning, intermittently throughout the day?
- How does it sound? Dry, wet, barking, hacking, loud, soft?
- Does the cough produce symptoms such as vomiting, dizziness, sleeplessness or other?
- How bad is your cough? Does it interfere with daily activities, is it debilitating, annoying, persistent, intermittent?



COVID-19 cough: dry, persistent and leaves you short of breath and leaves you with muscle pain due to the virus' irritation to lung tissue.

As disease progresses, the lung tissue is filled with fluid and you may feel even more short of breath as your body struggles to get enough oxygen.

# Wet and phlegmy or dry and hacking?

A wet cough brings up phlegm from the lower respiratory tract (the lungs and lower airways, as opposed to your nose and throat) into the mouth.

The "wet" sound is caused by the fluid in the airways and can be accompanied by a wheezing sound when breathing in. The lower airways have more secretory glands than your throat, which is why lower respiratory tract infections cause a wet cough.

A dry cough doesn't produce phlegm. It usually starts at the back of the throat and produces a barking or coarse sound. A dry cough does not clear your airways so sufferers often describe it as an unsatisfactory cough.

Nose and throat infections cause irritation to those areas and produce a hacking dry cough with sore throat. These types of cough are often seen in flu or cold.

Sometimes a cough can start off dry but eventually turn wet.

For example, the lung infection <u>pneumonia</u> often begins with a dry cough that's sometimes painful and can cause progressive shortness of breath. As infection progresses, the lung air sacs (alveoli) can fill up with inflammatory secretions such as lung tissue fluid and blood, and then the cough will become wet. At this stage, sputum becomes frothy and blood-tinged.

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# I HAVE SYMPTOMS, NOW WHAT?

If you develop any two of the symptoms listed on page 2 check with your healthcare provider and/or student health.

# **COVID 19 Testing yes/no?**

- No testing, need to quarantine and monitor for 72 hours at which time symptoms will be re-evaluated.
- Testing completed with negative results to the COVID 19 virus.
   Asked to quarantine for 72 hours and continue to monitor temperature and symptoms, at which time re-evaluation.
   This quarantine may be extended up to 14 days depending on the medical evaluation.
- Testing completed with positive results to the COVID 19.
   Report is sent to the Health Department and <u>Isolation</u> will be ordered.
   The Health Department will ask questions concerning contacts with other individuals.

IT IS IMPERATIVE THAT TRUTHFUL AND HONEST ANSWERS ARE PROVIDED.

The majority of people with positive Covid 19 have mild illness and can recover at home.

# **ISOLATION**

- May not leave home except to receive medical attention.
- Stay in specific room away from people and pets. (Pets can be affected)
- Wear masks when around others and maintain 6 foot perimeter between you.
- When going for medical assistance, a phone call prior to arrival enables the healthcare providers to be ready to assist.
- No public transportation
- Not allowed in public areas.
- Separate from other people as much as possible
- Rest



- Plenty of fluids to stay hydrated extremely important
- Do not share dishes, DRINKING glasses, cups, towels and bedding
- Only Tylenol for fever and discomforts. Ibuprophen is NOT recommended by medical providers as the belief is the ibuprophen may actually make symptoms worse.
- Avoid placing toothbrush directly on the counter surface.
- Cleaning and disinfecting own high risk surfaces daily, if possible.
   Remote controls, cell phones, I pads, laptops, keyboards, desktops, doorknobs, bathroom fixtures, toilets, cabinet tops, sinks,

#### THIS ISOLATION LASTS UNTIL:

- THREE DAYS WITH NO FEVER AND WITHOUT THE HELP OF TYLENOL
- RESPIRATORY SYMPTOMS IMPROVED
- 10 DAYS HAVE PASSED SINCE SYMPTOMS FIRST APPEARED.
- IF A POSITIVE TO THE COVID 19 TEST IS RECORDED, THE HEALTH DEPARTMENT MAY ALLOW THE ISOLATION TO END AT 10 DAYS FOLLOWING THE ACTUAL TEST DATE.

ALL CONTACTS WILL BE PLACED IN ORDERED QUARANTINE FOR 14 DAYS BY THE HEALTH DEPARTMENT.

# **ISOLATION PURPOSE**

- Used to separate people infected with highly contagious virus to prevent additional exposures to the virus.
- (Those who are sick with COVID 19 and those with no symptoms)
- Stay home until safe to be around others
- Separate themselves from others. Stay in specific sick room.
- Separate bathroom if available

# **QUARANTINE**

Used to keep an Individual who might have been exposed to COVID 19 away from others to prevent possible exposures to the virus.

Helps prevent spread of disease that can occur before person knows they are sick or infected with no symptoms.

Quarantine may be ordered:

- Close contact to individual with positive COVID 19 test
- Travel to areas of high risk with State or Federal quarantine orders
- Travel to areas recognized as having increase in numbers of positive COVID tests

# **REQUIREMENTS**

- Stay Home
- Separate themselves from others
- Monitor health including temperature checks twice a day
- Follow directions from school authorities, local and state health agencies
- Lasts 14 days unless symptoms develop or new exposure to COVID 19

THERE MAY BE CIRCUMSTANCES THAT AN INDIVIDUAL WILL BE ASKED TO MONITOR TEMPERATURE TWICE A DAY AND SYMPTOMS DUE TO THE POTENTIAL EXPOSURE <u>WITHOUT</u> THE NEED OF QUARANTINE.

# WebMD

# COLD vs. FLU vs. ALLERGIES vs. COVID-19

SYMPTOMS	COLD	FLU	ALLERGIES	COVID-19** (can range from mild to serious)		
Fever	Rare	High (100- 102°F), Can last 3-4 days	Never	Common		
Headache	Rare	Intense	Uncommon	Can be present		
General Aches, Pains	Slight	Usual, often severe	Never	Can be present		
Fatigue, Weakness	Mild	Intense, can last up to 2-3 weeks	Sometimes	Can be present		
Extreme Exhaustion	Never	Usual (starts early)	Never	Can be present		
Stuffy/ Runny Nose	Common	Sometimes	Common	Has been reported		
Sneezing	Usual	Sometimes	Usual	Has been reported		
Sore Throat	Common	Common	Sometimes	Has been reported		
Cough	Mild to moderate	Common, can become severe	Sometimes	Common		
Shortness of Breath	Rare	Rare	Rare, except for those with allergic asthma	In more serious infections		
Sources: National Institute of Allergy and Infectious Diseases. CDC. WHO. **Information is still evolving						

# MENTAL HEALTH

The Coronavirus pandemic has propelled us into stressful and uncertain times. You may be experiencing an increase in frequency or difficulty managing emotions such as stress, anxiety, and loneliness.

Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions.

Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety.

Fear and worry about your own health and the health of your loved ones, your financial situation or job, school, or loss of support services you rely on.

Stress during an infectious disease outbreak can sometimes cause the following:

- An increase in worry
- Being overwhelmed
- Fear
- Unable to focus or concentrate
- Changes in eating patterns
- Trouble falling asleep or staying asleep
- Sleeping more than normal
- Increased crying possibly for no apparent reason
- Feelings of withdrawal and isolation
- New/increase alcohol or drug use
- Feeling of hopelessness
- Anger outbursts
- Changes in personality

## If you notice these signs in yourself:

- reach out to family and friends for support
- engage in healthy coping strategies such as exercise eating well getting sufficient sleep; practicing yoga, meditation,

- taking time for yourself
- engaging in a hobby or other enjoyable activity

# Recovering from COVID-19, ending home isolation/quarantine

It can be stressful to be separated from others if you have or were exposed to COVID-19. Each person ending a period of home isolation may feel differently about it.

#### **Emotional reactions may include:**

- Mixed emotions, including relief.
- Fear and worry about your own health and the health of your loved ones.
- Stress from the experience of having COVID-19 and monitoring yourself, or being monitored by others.
- Sadness, anger, or frustration because friends or loved ones have fears of getting the disease from you, even though you are cleared to be around others.
- Guilt about not being able to perform normal work or parenting duties while you had COVID-19.

Worry about getting re-infected or sick again even though you've already had COVID-19.

These feelings are common reactions and assistance is available to you for the asking.

#### **CONTACT**

Jacquelyn Maser (620) 792-9295 or maserj@bartonccc.edu

#### Other resources

TAO is offering free access to several mindfulness videos to assist people in coping in these uncertain times. For access, go to https://www.taoconnect.org/mindfulness-exercise/

If you are in crisis, reach out to the National Suicide Prevention Lifeline at 1-800-273-8255 or text the Crisis Text Line at 741-741.

For emergencies please dial 9-1-1

#### **ACKNOWLEDGEMENTS**

- Kansas Department of Health and Environment
- Centers for Disease Control
- World Health Organization

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