



COVID 19

WHAT YOU NEED TO KNOW

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 *Diarrhea

TAKE TEMPERATURE

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



IF YOU HAVE A FEVER OR ANY COMBINATION OF TWO LISTED SYMPTOMS INCLUDING FEVER
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? Have you been contacted by your Local Health Department of possible exposure?	Yes Yes	No No
3. TRAVEL RELATED ISSUES <ul style="list-style-type: none"> • Have you traveled to any states listed on the Kansas Department of Health and Environment (KDHE) Travel Restrictions within the last 14 days? (as of 6-29-2020 includes Arizona, Alabama, Arkansas, South Carolina and Florida) • Have you recently traveled to any county in Kansas or a US state that is seeing recent increased numbers of positive COVID-19 cases? • Have you traveled Internationally since March, 2020? • Have you traveled on a Cruise since March, 2020? 	Yes Yes Yes Yes	No No No 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.

1



2



3



4



5



6



1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2. Lather your hands by rubbing them together with the soap.

3. Lather the backs of your hands, between your fingers, and under your nails.

4. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

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

Clean hands before touching the mask

Inspect the mask for damage or dirty

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, resealable 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?



Cover your mouth with a disposable tissue when coughing or sneezing. If a tissue is not available, cough or sneeze into your upper sleeve

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 pneumonia 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.

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 Isolation 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 WITHOUT THE NEED OF QUARANTINE.

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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