

## RISK ASSESSMENT MONITORING

Your recent travels to areas of reported COVID-19 activity and with no known knowledge of contact with individual with lab-confirmed COVID-19, places you at a higher risk for disease exposure. We are requesting you to be on enhanced alert and surveillance of your health.

Please monitor your temperature and possible symptoms for the next 14 days. Twice a day we request you to take your temperature and record on the attached page.

Student Health will be in touch with you at frequent intervals.

Students will be required have daily contact. Failure on their part could place them in immediate Quarantine for 14 days beginning on day missed with the Student Health contact.

We advise you during this 14 day period to:

- Avoid crowded places such as shopping centers and movie theaters.
- Limit activities in public.
- Comply with Social Distancing. Try to maintain a 6 foot perimeter from others.
- Cough and/or sneeze in a tissue and dispose immediately into trash container. If none available use your sleeve.
- Wash hands immediately. Use soap and water for 20 seconds while singing Happy Birthday. Thoroughly scrub between fingers and your palm. Hands should be washed frequently thorough out the day. If unavailable use of minimum 60% alcohol hand sanitizer should be used.

Observe for symptoms of the COVID-19

- Fever over 100.4 F/ 38 C
- Dry, hacking cough---  
This virus attacks the lower respiratory  
You typically will not have upper chest tightness or productive cough which aligns with an upper respiratory infection
- Trouble breathing or shortness of breath  
You are unable to take 15 steps with significant breathing problems.

IF YOU DEVELOP THESE SYMPTOMS YOU WILL NEED TO GO INTO SELF-QUARANTINE FOR AN ADDITIONAL 14 DAYS. NOTIFY STUDENT HEALTH IMMEDIATELY.

If you have fever 100.4 F/38 C or higher:

- Do not go out in public.
- Notify health care provider and follow their direction
  - Inform them you are self-monitoring your temperature and symptoms
  - Provide your recent travels
  - Provide your symptoms
- Avoid contact with others

**IN THE EVENT YOU DEVELOP SIGNIFICANT LIFE THREATENING SYMPTOMS INCLUDING UNABLE TO BREATHE/ CHEST PAIN ---CALL 911**

**NOTIFY YOUR HEALTHCARE PROVIDER OR CALL A DOC (BCC faculty/staff on college health insurance) FOR NON-LIFE THREATENING SYMPTOMS.**

### FACULTY/STAFF

This is the perfect time for you to utilize the Call A Doc that the college provides free.

For information on the services go the

- Faculty & Staff Link under MYBARTON on the college web page
- Then go to Human Resources
- Scroll down to Health Plan.
- Find the 24/7 Call A Doc link

Here you will find information on the services offered.

If you have not then Activate your account now before you need it.

[www.247calladoc.com](http://www.247calladoc.com)

- Hit the Activate button.
- Provide your personal information
- Read Terms/HIPPA
- Confirmation and you are done!

Or if you prefer, you can do the same on the phone----- Call A Doc 844/362/2447 (844/DOC/24HR)

KDHE HOTLINE NUMBER 1-866-534-3463