check
and
report
everyday

COVID-19
Coronavirus Disease
March 2020

LAFENE+
HEALTH CENTER
YOUR STUDENT HEALTH RESOURCE

You have received this booklet of important health information because you traveled to an area or country with an outbreak of coronavirus disease 2019 (COVID-19). COVID-19 is a respiratory illness caused by a virus that can spread from person to person and you are at a higher risk.

STAY HOME

Stay home and **self-quarantine** for 14 days from the time you left the high risk area. People who **do not have symptoms** and are returning from high risk areas of the world are in **quarantine. Isolation** is for people who **do have symptoms**.

- Take your temperature with a thermometer two times a day (see instructions in this booklet) and watch for cough or difficulty breathing.
- Stay home from class or work.
- Discuss your situation with your advisor or employer before returning to class or work.
- Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
- Keep your distance from others (about 6 feet or 2 meters), including those with whom you traveled.
- If you get sick with fever, cough, or trouble breathing, follow instructions below in Step 2.
- If you need to seek medical care for others reasons, call ahead to your primary health provider or Lafene Health Center and tell them about your recent travel.

14 days

If you have been exposed to a person with COVID-19, it may take up to 14 days to know if you will get sick. It is important to check your health two times each day for 14 days after you traveled. Follow the steps below to check and record your health.

STEP 1

Do health checks every morning (AM) and every night (PM):

- Take your temperature every morning (AM) and every night (PM).
- In addition to fever, be alert for any other symptoms of COVID-19, including cough or difficulty breathing. Other symptoms may include but are not limited to headache, runny nose, nausea or vomiting, or diarrhea.
- Write your temperature and any symptoms in the log included in this booklet.

STEP 2

If you have fever (fever is 100.4 degrees F/38 degrees C or higher), cough, or trouble breathing:

- Do not go out in public.
- Call the phone number for your health department or Lafene Health Center. Remind them that you are self-monitoring.
- If you can't reach your health department, seek medical advice--**call ahead** before you go to a doctor's office or emergency room. Tell them about your recent travel, your symptoms, and guidance received from the health department.
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others.
- Wash your hands with soap and water immediately after coughing, sneezing, or blowing your nose. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.

If you have a medical emergency, call 911.
Tell them your symptoms and that you traveled from a high risk area.

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1105 Sunset Avenue
Manhattan, KS 66502-3761
785.532.6544 | fax: 855.618.0188

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Who to Contact:

If you are in Manhattan, contact **Lafene Health Center** at **785-532-6544** or **Riley County Health Department** for further instruction.

The contact information for **Riley County Health Department** is:

Andrew Adams, Public Health Emergency Preparedness Coordinator
Phone Number: 785-317-0474
Email: aadams@rileycountyks.gov
Website: rileycountyks.gov/286/Health-Department

If you are not in Manhattan, contact your local health department or primary health provider for further instruction.

BEFORE YOU TAKE YOUR TEMPERATURE

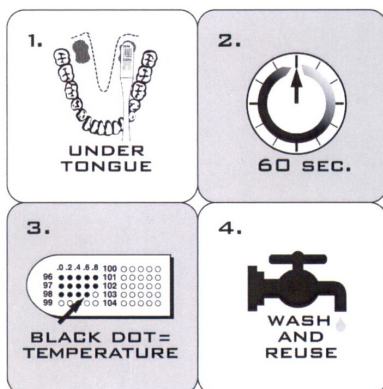Wait 30 minutes after eating, drinking, or exercising.

Wait at least 6 hours after taking medicines that can lower your temperature, like:

- Acetaminophen, also called paracetamol
- Ibuprofen
- Aspirin

TAKING YOUR TEMPERATURE

Thermometer Use

- Hold the tip of the thermometer under your tongue for **60 seconds.**
- Read your temperature. If your temperature is **100.4 degrees F/38 degrees C** or higher, you have a fever and you need to call your health department or Lafene Health Center.
- Write your temperature in the **14-Day Symptom and Temperature Log** in this booklet.
- Clean your thermometer with warm soapy water or an alcohol swab.
- Your thermometer can be tucked back into your card and used again. It has a 5-year shelf life.

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HOW TO USE YOUR SYMPTOM AND TEMPERATURE LOG

Two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have: feeling feverish, coughing, or difficulty breathing. Do this every day for 14 days after you left the high risk area.

- Fill in the dates on the log, starting with **Day 0** and ending with **Day 14.** Day 0 is the day you left the high risk area.
- Start recording your temperature and symptoms, beginning with today's date. **Fever is 100.4 degrees F/38 degrees C or higher.**
- If you get sick, contact your health department or Lafene Health Center. Be sure to tell them you were traveling in a high risk area, your symptoms, and that you are self-monitoring.
- Your daily health checks are complete 14 days after you left the high risk area or as indicated by public health authorities.

DAY	DATE	SYMPTOMS		TEMP
DAY 0	Feb. 1, 2020	Day 0 is the day you left the high risk area.		
DAY 1	Feb. 2, 2020	AM	No symptoms	97.4 F
		PM	No symptoms	98.6 F
DAY 2	Feb. 3, 2020	AM	No symptoms	96.9 F
		PM	No symptoms	98.6 F
DAY 3	Feb. 4, 2020	AM	No symptoms	98.0 F
		PM	No symptoms	98.6 F
DAY 4	Feb. 5, 2020	AM	No symptoms	97.3 F
		PM	No symptoms	98.6 F
DAY 5	Feb. 6, 2020	AM	No symptoms	96.5 F
		PM	No symptoms	98.6 F

SAMPLE

14-Day Symptom and Temperature Log

Write your symptoms and temperature in the space below every day for 14 days.

DAY	DATE	SYMPTOMS		TEMP
DAY 0		Day 0 is the day you left the high risk area.		
DAY 1		AM		
		PM		
DAY 2		AM		
		PM		
DAY 3		AM		
		PM		
DAY 4		AM		
		PM		
DAY 5		AM		
		PM		
DAY 6		AM		
		PM		
DAY 7		AM		
		PM		
DAY 8		AM		
		PM		
DAY 9		AM		
		PM		
DAY 10		AM		
		PM		
DAY 11		AM		
		PM		
DAY 12		AM		
		PM		
DAY 13		AM		
		PM		
DAY 14		AM		
		PM		

If you get sick, contact your health department as instructed and remind them you were traveling in a high risk area, your symptoms, and that you are self-monitoring. Your daily health checks are complete at 14 days after you left the high risk area, or as indicated by public health authorities.

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