COVID-19 (NOVEL CORONAVIRUS)
WHAT YOU NEED TO KNOW

We know Lumberjacks, like many others, have concerns and questions about the COVID-19 virus. Campus Health Services has worked closely with the Coconino County Health and Human Services Department and the Arizona Department of Health Services to get you accurate information. We want to make sure that the information you receive is factual and from reliable sources.

WHAT IS IT?

- COVID-19 is an illness caused by a coronavirus known as SARS-CoV-2 .
- Like many other viruses, COVID-19 is spread through close person-to-person contact via respiratory droplets that are produced when an infected person coughs, sneezes, or talks.
- Even if an infected person is not yet showing symptoms, they are still able to transmit the illness to others. This is also true of many more common viral illnesses.
- Symptoms may include fever, cough, shortness of breath, difficulty breathing, loss of taste and smell, sore throat, and abdominal discomfort. These may start anywhere from 2 -14 days after exposure. Not everyone who contracts the virus will develop any symptoms; others may develop some or all of them.

HOW CAN I PROTECT MYSELF AND OTHERS?

- As a general rule, if you're feeling sick…STAY HOME and limit contact with others!
- Avoid close contact with people who are sick.
- Maintain physical distancing with others (6 ft.) whenever possible.
- Wear a mask in public places. Masks may help minimize your chance of becoming infected, but also help to prevent spreading the virus to others.
- Avoid crowded areas or venues like parties, festivals, and concerts.
- Regularly clean and disinfect frequently touch objects and surfaces.
- Wash your hands frequently – or use an alcohol-based hand sanitizer.
- Cover your mouth/nose with a tissue or the inside of your elbow when you cough or sneeze.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Get a flu shot. Give yourself (and your healthcare provider) one less thing to worry about.
- Make sure that the information you rely on is factual and from reliable sources, such as the CDC or local public health agencies.
- Stay close to home and limit travel.
- Don't alarm others by making fear-provoking comments or sharing inaccurate information.

WHAT DO I DO IF I THINK I HAVE THE COVID-19 VIRUS?

- Stay home except to visit your healthcare provider if needed.
- Avoid contact with others (self-isolate), unless you are sick enough that you need assistance.
- Illness severity can vary from mild to serious. Your healthcare provider can determine if testing is necessary (it may not be).

WHERE CAN I GET RELIABLE INFORMATION?

The US Centers for Disease Control and Prevention (CDC): www.cdc.gov
The Arizona Department of Health Services (ADHS): www.azdhs.gov
Coconino County Health and Human Services Department (CCHHS): www.coconino.az.gov
The World Health Organization (WHO): www.who.int
The American College Health Association: www.acha.org