

Yuba Community College District

Information if You May Be Experiencing COVID-19 Symptoms

Version 2.0
03.13.2020

Symptoms of the COVID-19 (Coronavirus) may include the following:
Fever Cough Difficulty Breathing Running Nose
Headache General feeling of not being well.

Source: California Department of Public Health

If you are experiencing COVID-19 symptoms, please be advised to do the following:

- 1) Stay home and seek medical assistance.
 - a. Contact your health care provider by phone for assessment. It is recommended that you call ahead and not just show up at their offices.
 - b. If you do not have a health care provider, contact the college health services office by telephone.
 - Woodland Community College: (530) 661-7758
 - Yuba College: (530) 740-1749
 - c. If the college health services office is not available, you should contact the county public health office in which you reside.
 - Colusa County Public Health: (530) 458-0250
 - Glenn County Public Health: (530) 934-6588
 - Lake County Public Health: (707) 263-1090
 - Sutter County Public Health: (530) 822-7215
 - Yolo County Public Health: (530) 666-8643
 - Yuba County Public Health: (530) 749-6311
- 2) Separate yourself from other people and animals in your home
- 3) Wear a facemask when you are around other individuals.
- 4) Continue to follow the recommended prevention measures.
 - Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Avoid close contact with people who are sick.
 - Stay home when you are sick.
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
 - Avoid sharing personal household items – dishes, cups, towels, bedding, etc...
 - Clean all “high-touch” surfaces everyday

Source: Center for Disease Control

5) Monitor your symptoms

- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
- Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.
- If you have a medical emergency and call 911, notify the dispatcher that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.