

# Yuba Community College District

## Information if You May Be Experiencing COVID-19 Symptoms

(Version 3.0 – 05.25.2020)

According to the CDC, individuals with COVID-19 have had a wide range of symptoms – ranging from mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Symptoms of COVID-19 may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea.

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

### 1) **Stay home, monitor your symptoms and if necessary 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 public health office for the county 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**

- a. As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

### 3) **Monitor Symptoms**

- a. Follow care instructions from your healthcare provider and local health department. Your local health authorities may give instructions on checking your symptoms and reporting information.
- b. When to Seek Emergency Medical Attention: Look for emergency warning signs for COVID-19. If you are showing any of these signs, seek emergency medical care immediately: Trouble breathing; Persistent pain or pressure in the chest; New confusion; Inability to wake or stay awake; Bluish lips or face. *\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*

4) **Wear a facemask when you are around other individuals**

5) **Continue to follow the recommended prevention measures**

- a. 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.
- b. Avoid touching your eyes, nose, and mouth with unwashed hands.
- c. Avoid close contact with people who are sick.
- d. Stay home when you are sick.
- e. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- f. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- g. Avoid sharing personal household items – dishes, cups, towels, bedding, etc...
- h. Clean all “high-touch” surfaces everyday

*Source: Center for Disease Control*