

COVID-19 Care Instructions

The good news about Covid-19 infection is that most people recover completely. Persons infected with Covid-19 can have mild or no symptoms and still be infectious to others. But here's what you need to know to take care of yourself, to protect your loved ones, and our community.

The Tang Center staff is here for you, and we have nurses and doctors on duty who can continue to advise and guide you. The number to call for is 510-643-7197 to speak with an advice nurse, available 24/7. You can log on to the Tang portal to schedule a phone appointment with a clinician or send NON URGENT messages to our Advice Nurse team. Phone appointments are available to be scheduled Monday-Friday, excluding holidays, starting at 4pm the night prior to the appointment.

MOST PEOPLE CAN CARE FOR THEMSELVES AT HOME

For **Mild Symptoms**: Rest, hydration, and good nutrition are most important. Take Tylenol (acetaminophen) 325 mg, two tablets (650 mg) every 4-6 hours as needed for fever or body aches; ibuprofen 200 mg, three tablets (600 mg) with food every 4-6 hours to control fever and to treat aches and pains. If you have a cough take a cough specific medicine like MUCINEX (guaifenesin), if you have nasal congestion, take a decongestant, like PHENYLEPHRINE (Sudafed PE). It is important to drink 2-3 liters of water or other fluids like soup, juice, etc to help your body fight the infection and avoid dehydration.

Stay home and cover your nose and mouth with a paper or cloth mask if around others.

Copy and paste this link into your browser for more information see: CDC Fact Sheet: (<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>)

For **More Severe Symptoms**: such as persistent *fever over 100F for more than 72 hours or a severe cough with chest pain or shortness of breath* PLEASE CALL US AT THE TANG CENTER 510-643-7197 right away.

For **Severe Symptoms**: *such as struggling to breathe*, PLEASE CALL 911.

Sheltering in Place (no symptoms):

- Practice social distancing. Keep six feet apart from others.
- When in public wear a face mask. This can be a paper surgical mask, a bandana or a cloth mask. N 95 masks are unnecessary for minimizing exposure in the community.
- Wash hands frequently, soaping hands and cleaning for 20 seconds is ideal; use hand sanitizer when hand washing with soap and water is not an option. Avoid touching your face and clean hands as often as needed.

- For cleaning surfaces, If you have bleach, here's how to make a dilute bleach solution: <https://www.clorox.com/how-to/disinfecting-sanitizing/disinfecting-with-bleach/making-sure-you-dilute-bleach>.
- Avoid sharing personal care products like toothpaste, towels, soap, etc.
- Emotional Support: Needing to limit movement, worry about the impact Covid to ourselves and our community can cause heightened anxiety and distress. If you are having symptoms of anxiety or depression, call Tang counseling services at 510-642-9494 (open until 5pm). If you need to speak with someone after hours: call 855-817-5666

If Home Isolation is indicated (your symptoms may be due to Covid 19)

Please stay physically isolated in your own room, to avoid spreading your infection to others. It is very important that you do not leave your room more than necessary, and minimize using shared spaces of any kind. Do not go to the store, do not use lounges, do not visit others. And no one should visit you in your room, or be within 6 feet of you, even for a few minutes.

If you must leave your room, keep the time to an absolute minimum.

You may leave your room, if needed, only to:

- Pick up food or meals in the dining hall
- Use the bathroom
- Do laundry (please combine and minimize trips during isolation period)

Whenever you leave your room, you must:

- Wear a mask, if you have one; if not, please cover your nose and mouth with a finely woven cloth (like a bandana or scarf).
- Wash your hands or use hand sanitizer before leaving and do not touch your face again. Wash your hands or use hand sanitizer again after you return to your room. Use disposable paper towels if possible when touching door knobs or other shared surfaces.

Food & Meals: If possible, ask one of your friends to pick up your food/meals and bring to leave outside of your room, or have it delivered. Students in apartments should avoid preparing meals in shared spaces; if possible have someone prepare meals for you and leave outside of your door. If you must pick up your meal in the dining hall or another food location, be sure to follow the instructions above, and go directly to/from your room without going elsewhere.

Bathroom/ Toilets/ Showers: If possible, you should have a bathroom/toilet designated for your use only. Please wash your hands before leaving your room and try to touch surfaces in the bathroom as little as possible. Use an EPA registered household disinfectant (e.g. a Purell wipe) to wipe down all surfaces after using the bathroom and before leaving the room, when available.

Laundry: If washing your own laundry, no gloves are needed, but be sure to wash hands thoroughly after loading. Do not shake dirty laundry, to minimize the possibility of dispersing virus through the air. Do not place dirty laundry on tabletops or washer top: transfer directly from bag/hamper to interior of washer. Launder items using the warmest appropriate water setting for the items; dry items completely. After washing, disinfect the washer by running a cycle with bleach, and wipe down any surfaces that clothes/you may have touched with EPA approved disinfectant.

It can be difficult to spend extended periods of time alone. We encourage you to reach out for support: please call our Counseling and Psychological Services at (510) 642-9494 and see our mental health resources page for students on the UHS website: uhs.berkeley.edu.

When To Discontinue Home Isolation:

ALL THREE THINGS must be met.

- No fever for 72 hours without medicines to reduce your fever (Tylenol etc)
- Other symptoms have improved such as your cough and cold are markedly better
- It has been AT LEAST 10 days since your symptoms first appeared.

Please contact the advice nurse with medical concerns, 24/7: (510) 643-7197.
Always call 911 for emergencies.

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