

# COVID-19

COVID-19 is a contagious respiratory illness caused by a virus that spreads from person to person. The virus is transmitted through respiratory droplets from coughing, sneezing, talking, or laughing. Droplets not blocked by masks typically do not travel more than 6 feet. COVID-19 is usually a self-limited illness with most people experiencing mild to moderate respiratory illness without requiring special treatment. Self-limited infections are ones that can be treated at home and will resolve on their own without seeing a medical provider.



**LOYOLA**  
UNIVERSITY MARYLAND

## SYMPTOMS:

- Fever
- Cough
- Shortness of breath/difficulty breathing
- Chills
- Muscle pain
- Headache
- Sore throat
- Diarrhea, nausea, stomach pain
- New loss of taste or smell

## SELF-CARE MEASURES:

- Rest
- Drink plenty of non-alcoholic fluids.
- Acetaminophen (Tylenol®) 650 mg every 4-6 hours (maximum of 12 tablets in 24 hours) and/or Ibuprofen (Advil®) 600 mg every 6-8 hours (maximum of 12 tablets in 24 hours) as needed to reduce fever, aches or other pains.
- Treat any bothersome symptoms with over-the-counter medication.

## LIMIT SPREAD TO OTHERS:

- Isolate yourself as completely as possible. If feasible, you should return home to recover from your illness. If returning home is not possible, you will isolate in your on-campus room or in your off-campus location.
- The [current recommendations by the CDC](#) for isolation are for individuals to isolate in their personal space for 5 days from the onset of illness (the first day of symptoms is day zero). On day 6 they may leave the isolation space but must wear a high quality, well-fitting mask over the nose and mouth whenever indoors and/or interacting with others. Interactions with others should be minimized.
- Wear a mask if you must be around anyone else.
- Isolation means:
  - Avoid interacting with others.
  - Do not use a sit-down dining facility or retail dining while in isolation.
  - You should only leave the isolation space to pick up food or for a health care visit due to worsening of your symptoms.
- Contain coughs and sneezes using tissue or the crook of your elbow.
- Contact all of your professors to let them know you are ill and unable to attend classes at this time.
- Set up a plan with each professor related to your academic demands.

## WHEN TO SEEK CARE FROM A MEDICAL PROVIDER:

- If you are at high risk for complications (Chronic lung disease to include chronic asthma on daily medication, hypertension, diabetes, heart disease, immunocompromised).
- Fever over 102 degrees Fahrenheit that lasts for more than 3 days.
- Shortness of breath
- Pain/pressure in your chest
- Confusion or disorientation
- For symptoms that last over 10 days and get worse instead of better.