**Symptoms**

- Fever
- Cough
- Shortness of breath
- Sore throat
- Headache

**Prevention**

- Wash hands with soap and water for at least 20 seconds, if you cannot wash your hands use hand sanitizer.
- Avoid crowds or gatherings. Keep a distance of 6 feet (2 meters) between yourself and others.
- Keep objects and surfaces clean.
- Wear a mask or cloth face covering to protect other in public areas.
- Don't touch eyes, nose or mouth with unwashed hands.
- Avoid contact with sick people.
- Cover your nose and mouth with tissue or elbow when sneezing.
- Put tissues in the trash bin and wash hands.
- Do not share eating utensils and food.
- Increase ventilation, open windows when possible.

**If you feel sick or were exposed to COVID-19**

- Stay in your residence.
- Avoid contact with others. If you live in an apartment, inform your housemates.
- If you become sick call the Student Health Center at (831) 459-2591.

**Resources**

- Campus COVID-19 Information: ucsc.edu/coronavirus
- Student Health Center: healthcenter.ucsc.edu
- Counseling and Psychological Services: caps.ucsc.edu
- Center for Disease Control: cdc.gov