



SYMPTOMS



FEVER



COUGH



SHORTNESS
OF BREATH



SORE THROAT

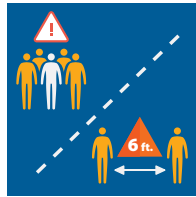


HEADACHE

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.



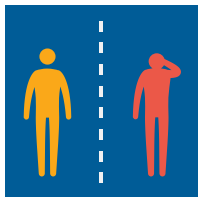
KEEP OBJECTS AND SURFACES CLEAN



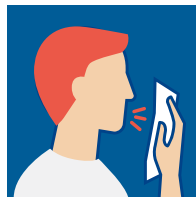
WEAR A MASK OR CLOTH FACE COVERING TO PROTECT OTHER IN PUBLIC AREAS



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

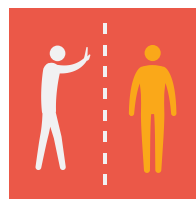


INCREASE VENTILATION, OPEN WINDOWS WHEN POSSIBLE

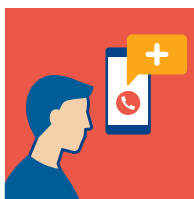
IF YOU FEEL SICK OR WERE EXPOSED TO COVID-19



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