

SAU Covid-19, Flu and RSV protocols follow public health guidelines.

### **Strategies to Prevent or Reduce Risk for Illness:**

It's important to remember that like any communicable disease, you can protect yourself and others by practicing good hygiene.

- \*Cover all coughs and sneezes with disposable tissues or the sleeve of your arm or elbow.
- \*Wash your hands often or use a hand sanitizer if a restroom is not readily accessible.
- \*Clean frequently touched surfaces such as doorknobs, refrigerator and faucet handles, remotes, keyboards and countertops with proper disinfectants.
- \*Open windows when weather allows and use/maintain air purifiers and humidifiers to help reduce the spread of respiratory viruses.
- \*Avoid others who are ill.
- \*Consider wearing a well-fitted mask and vaccination if you are at risk for severe illness or death due to a preexisting medical condition.

### **If You Get Sick:**

In spite of your well-intentioned efforts to practice prevention, you may still catch a virus and develop symptoms. Please consider these following recommendations:

**Step 1:** Stay at home as much as possible and away from others for at least 24 hours after your symptoms are improving and you have not had a fever and not using fever-reducing medication. You may leave your residence to pick up meals, mail, do laundry, get groceries, pick up prescriptions, see a healthcare provider or for other needs but consider wearing a mask.

People who are at higher risk for severe illness and develop symptoms should seek health care right away in order to access testing and/or treatment. Early treatment may prevent severe disease in people at higher risk, even if they are up to date with their vaccines.

**Step 2:** Resume normal activities and utilize prevention strategies over the next five days as identified above.

**Step 3:** Contact your instructors to arrange for missed assignments, exams and presentations. A note from a healthcare provider is documentation that your absence is due to illness but only the professor can excuse your absence.

**For future reference, you can access the CDC's guidelines at <https://www.cdc.gov/respiratory-viruses/index.html>**

Please don't hesitate to contact me if you have questions or concerns. Take care of yourself and I hope you're feeling better soon.

--Nurse Nancy

03-06-2024