First and foremost if you have a **TRUE MEDICAL EMERGENCY** please dial 911. The following **MAY** warrant a call to 911**:**

·   Bleeding that will not stop

·   Breathing problems (difficulty breathing, shortness of breath)

·   Change in mental status (such as unusual behavior, confusion, difficulty arousing)

·   Chest pain

·   Choking

·   Coughing up or vomiting blood

·   Fainting or loss of consciousness

·   Feeling of committing suicide

·   Sudden injury due to a motor vehicle accident, burns or smoke inhalation, deep or large wound,   etc.

·   Swallowing a poisonous substance

If you are not sure, scared, or feeling ill and a parent is not present, you may dial 215-334-6144 X2000 and you will be routed to Nurse Burke. If I am not available, please leave a message as I may be responding to other students. Please reach out for issues that may not be surrounding the COVID-19 (Coronavirus) as well. I am here to help and support you to my fullest extent possible while being in a remote location.

While many of you may be anxious and concerned regarding the Coronavirus, here are a few things to keep in mind:

- Take steps to protect yourself

- Clean your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

- Avoid close contact

Avoid close contact with people who are sick

Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

- Take steps to protect others

- Stay home if you're sick

Stay home if you are sick, except to get medical care.

Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

- Wear a facemask if you are sick

If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.

If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

- Clean and disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

Symptoms:

Symptoms may appear 2-14 days after exposure.

The most common symptoms of novel coronavirus are fever and cough, sometimes breathing problems, more rarely sore throat, muscle aches, and abdominal discomfort. These symptoms can also be due to many other illnesses. If you develop a high fever or any severe symptoms (such as shortness of breath or difficulty breathing), it doesn't mean you have novel coronavirus, but you should follow up with your regular healthcare provider as soon as possible.

What should you do if you become ill when COVID-19 is in the community?

- **Stay home and out of public places**

- **Write down any symptoms you may be having**. Record your temperature. Some medications can lower your body temperature including Tylenol® (acetaminophen), Motrin® or Advil® (ibuprofen), Aleve® (naproxen). If you are taking one of these medications, please take your temperature **before** your next dose of medication. Write down your temperature.

- **Call your regular healthcare provider first. DO NOT GO to a clinic or hospital without first calling ahead.** Calling first will help the clinic or hospitals prepare to greet you and take care of you in the safest possible way.

- **Seek prompt medical attention if your illness is worsening** (e.g., shortness of breath or difficulty breathing). **Before seeking care**, call your healthcare provider. **Put on a face mask that covers your nose and mouth before you enter any facility or emergency vehicle.** After you put on the facemask, clean your hands with soap and water or alcohol-based hand sanitizer

OTHER RESOURCES:

https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx <---- Dept of Health Info on Coronavirus

https://www.cdc.gov/coronavirus/2019-nCoV/index.html <--- CDC Info on Coronavirus