Be informed

What are the symptoms? 
Fever, cough, and difficulty breathing

How is COVID-19 spread? 
- Mainly person-to-person through respiratory droplets
- Touching an object with the virus on it and then touching the mouth, nose, or eyes

How is COVID-19 treated? 
Rest, fluids and nutrition, and medicine to reduce fever and discomfort

What should I do if I think I am sick?
DO NOT walk into a healthcare facility; call first so they are specially prepared for your arrival.

- Students with concerns should call the Student Health Center at 315-228-7750.
- Faculty and staff members should contact a health service provider for guidance.

Reduce your risk of infection — for many illnesses

- Avoid close contact with people who are sick.
- Wash your hands with soap and water.
- When soap and water are unavailable, use alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your cough or sneeze in the crook of your elbow or with a tissue, then throw the tissue in the trash. Then, wash your hands.
- Avoid touching your eyes, nose, and mouth.
- Disinfect frequently touched objects and surfaces with a household cleaning spray or wipe.
- Stay home when you are sick.
  - Students: contact your professors and administrative dean to discuss temporary accommodations
  - Employees: contact your supervisor
- Do not share:
  - Drinks or drinking glasses
  - Eating utensils
  - Toothbrushes, towels, lip balm, or cosmetics
  - Food or drink from a common source (e.g. punch bowl)
  - Smoking materials

Stay informed

Colgate University Information & Updates: colgate.edu/covid19
Centers for Disease Control: cdc.gov/covid19
World Health Organization: who.int