



COVID-19

Coronavirus

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

