

WHAT DO I NEED TO KNOW?

WHAT IS COVID-19?

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person
- The virus that causes COVID-19 is a new coronavirus that has spread worldwide
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness

HOW IT SPREADS

- You can become infected from close contact (within six feet) when an infectious person coughs or sneezes, releasing droplets that may land directly on your eyes, mouth, or nose
- You can become infected by breathing aerosols generated when an infectious person breathes, talks, sneezes or coughs; these can remain suspended in air in poorly ventilated spaces
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes

KNOW YOUR RISK

- Everyone is at risk of getting COVID-19
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness

COVID-19 SYMPTOMS

The following symptoms of COVID-19 may appear 2-14 days after exposure to the virus:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Emergency symptoms of COVID-19 include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

*This list is not all-inclusive. Please consult Health Services for any other symptoms that are severe or concerning to you.

WHAT DO I DO IF I NOTICE SYMPTOMS?

If you notice any of these symptoms, please call Clark University Health Services (do not walk in) for medical advice. If it is after hours, call University Police.*



Health Services
508-793-7467



University Police
508-793-7575

The information in this brochure is adapted from the CDC, WHO, and Massachusetts Dept. of Public Health guidance as of 7/20.

*Clark is aware that fear of conduct action could deter a student from seeking assistance for themselves or others. Please know that Clark's primary concern is the health and safety of the community. The updated amnesty policy is on the Healthy Clark website.

HEALTHY CLARK RESOURCE GUIDE

Clark is committed to the protection and care of all members of our learning community.

This brochure tells you what you need to know about Clark's efforts to reduce the risk of COVID-19 on campus, and how you can help. These mitigation efforts are recommended by the CDC and public health officials.

For more detailed information, visit clarku.edu/healthy-clark

CLARK
UNIVERSITY



Let's Keep Clark Healthy



WHAT IS AN ASYMPTOMATIC CARRIER?

Because some individuals who contract COVID-19 experience no symptoms, they may never know that they have the virus. Unfortunately, this can lead them to unknowingly infect others in our community. Therefore, it is safest for us all to act on our values of service to others by committing to the following prevention efforts.



SOCIAL DISTANCING

- Avoid gathering in groups
- Keep at least six feet away from others
- Don't shake hands or hug when greeting others
- Complete most activities online when possible to limit in-person contact with others
- If you must go in person, stay at least 6 feet away from others, wear your mask, disinfect items you must touch, and wash your hands frequently
- Look for and follow physical markers around campus to help with traffic flow
- Keep in-person interactions brief even when socially distanced, particularly when in indoor spaces that are less well-ventilated



CLARK CLEAN — HYGIENE TIPS

- Wash your hands often with soap and warm water; use an alcohol-based hand sanitizer when you're unable to wash
- Avoid touching your eyes, nose, and mouth
- Clean frequently touched areas and items with household cleaning spray or wipes
- Cover your mouth with a tissue or your inner elbow, not your hands, when you cough or sneeze
- Stay home if you are sick and avoid close contact with others



MASK WEARING, REMOVAL & CARE

- Wear the mask Clark has provided (or your preferred face covering or shield) any time you are out of your room or office
- Masks and face coverings should fit snugly, be secured, and not restrict breathing
- Only touch the ties or ear straps of masks, not the front, and wash your hands after handling
- Your mask can and should be regularly machine washed and dried with the rest of your laundry



BE AN ACTIVE MEMBER OF "TEAM CLARKIE"

- If you see someone who is not adhering to these expectations, correct with kindness and offer help
- Operate from a benefit-of-the-doubt lens; we are a team that must be united, not divided, in our efforts
- Offer gentle reminders about the precautions we are all taking to try and keep one another safe
- Offer to help them get the resources they need (i.e., masks from the mask stations)
- Offer appreciation when you receive help from a fellow Team Clarkie member: "Thank you for the reminder!"

MENTAL HEALTH & WELL-BEING TIPS

We all will react and respond differently to the stress of this crisis. Reactions may include:

- Worrying about your own or loved ones' health status
- Disruptions to sleep or eating patterns
- Difficulty concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs



1 Focus on what you can control

It is easy to feel helpless and overwhelmed. This brochure lists everyday prevention practices you can implement, so try to continually bring your focus back to the action steps you are taking.

2 Avoid excessive media exposure

It is important to stay attuned to current recommendations. However, excessively tuning in to TV or social media coverage can overwhelm, increase sense of panic, and take a toll on mental health. Know when you might need a break.

3 Stay apart — but not alone

Even though we now practice social distancing, we strive to engage in distant socializing. Humans are social creatures and we need one another, particularly in uncertain or stressful times. Take steps to connect with your support network regularly and engage in campus community events or offerings.

4 Reach into that coping skills toolbox

Now is an especially important time to make self-care a priority. Use the coping skills that work for you and maybe try adding some new ones. Engage in breathing exercises, mindfulness/meditation practices, exercising, journaling, coloring or other artistic acts, hobbies you enjoy, etc.

5 Reach out for support

This is undoubtedly a stressful time. Check out the Mental Health Toolbox on the Center for Counseling and Personal Growth (CPG) website (clarku.edu/counseling) for online resources. Students may request counseling appointments by contacting CPG at counseling@clarku.edu or 508-793-7678.

HOW CAN I STAY SAFE?

For more information or to stay up to date on the latest information, visit clarku.edu/healthy-clark