

# WHAT CAN I DO TO SUPPORT MYSELF?

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others virtually. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

## RESOURCES

### To limit the potential for exposure, call first -

Counseling Services • 605.334.2696

Campus Clinic • 605.274.5552

Dean of Students Office • 605.274.4124

### Off-Campus Resources:

General COVID-19 Questions -  
South Dakota COVID-19 Information Line  
1.800.997.2880

Helpline Center - 211

### Online Resources:

COVID-19 Tips and Resources  
[augie.edu/services-provided](https://augie.edu/services-provided)

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# CORONAVIRUS

## *Take Care of Yourself*

The COVID-19 pandemic is a challenge unlike any we've seen in the past. While it is important to be cautious and protect ourselves, it is important to remember that young adults are at low risk for severe disease. Doing your part in practicing social distancing and good hygiene will protect the community by "flattening the curve".

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Stay up to date on campus information  
by visiting [augie.edu/coronavirus](https://augie.edu/coronavirus).

## WHAT CAN YOU DO?

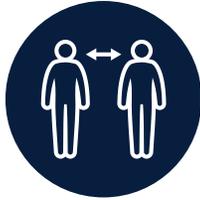


### WASH YOUR HANDS

often with soap and water for at least 20 seconds and use an alcohol-based hand sanitizer.

### PRACTICE SOCIAL DISTANCING -

Stay at least 6 feet from others when possible – practice this in the dining hall and other common areas. Stay home as much as possible and avoid large gatherings (greater than 10 people). Get creative and practice “virtual” get-togethers.



**AVOID CLOSE CONTACT** with people who are sick. Stay away from others if you are sick.

Individuals at higher risk for severe COVID-19 illness, such as older adults and people who have suppressed immune systems, chronic medical conditions like heart, lung or kidney disease, should take actions to reduce your risk of exposure.



### REFRAIN FROM TOUCHING YOUR EYES, NOSE AND MOUTH



### COVER COUGHS & SNEEZES

with a tissue (*wearing a mask is not recommended unless you are sick*).



### CLEAN FREQUENTLY TOUCHED SURFACES AND OBJECTS

(*cell phone, doorknobs, light switch covers, etc...*).

## TAKE CARE OF YOUR SURROUNDINGS

Keep your environment as clean as possible by following these simple steps:

First, clean dirt off of the surface. Then wipe the surface with disinfectant such as Lysol or Clorox. Leave the surface you are cleaning wet with disinfectant for as many minutes as the product instructions require.



- High-touch areas such as door handles, phones, remote controls, light switches and bathroom fixtures.
- Horizontal surfaces such as countertops, kitchen tables, desktops and other places where cough droplets could land frequently.

## WATCH FOR SYMPTOMS



THE FOLLOWING SYMPTOMS MAY APPEAR 2-14 DAYS AFTER EXPOSURE.

- **Fever (>100.4)**
  - **Cough**
- **Shortness of breath**

These symptoms do not automatically indicate infection from COVID-19. These symptoms are also found with a variety of other infections/illness. Testing needs to be performed to determine a diagnosis. Unless you have had direct and close contact with a confirmed case of COVID-19, you are at low risk.

## THINK YOU ARE EXPERIENCING SYMPTOMS?



If you are experiencing symptoms **call the Campus Clinic at 605.274.5552.**

Many insurance carriers offer telehealth (ability to talk with a healthcare provider via telecommunication technologies such as a mobile app or website). Call ahead or use telehealth options to help avoid the spread of illness.

*If you develop emergency warning signs for COVID-19 get medical attention immediately.*

*Emergency warning signs include difficulty breathing, shortness of breath, chest pain, confusion and bluish lips/face.*

### WATCH FOR THE FOLLOWING SIGNS OF EMOTIONAL DISTRESS:

- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.