



504 S. 55th St. (2h) 400-4000

If you have concerns for COVID-19 exposure, students should call Health Services at (210)

Wash your hands with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing, before eating or preparing food.

Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until dry.

Use hand sanitizer especially if hands are visibly dirty.

Avoid touching your face with unwashed hands.

Isolate yourself from your "sick room" and bathroom. Someone else should clean and disinfect surfaces in common areas, including the living room and bathroom, if possible.

Use a separate room for laundry. Clean the area with soap and water or another detergent if dirty. Then, use a household

disinfectant. Sinks, fixtures, toilet, shower should be cleaned daily.

Seek medical attention if your illness is worsening, including symptoms like:

Shortness of breath

or

Consult your health care provider for any other severe or concerning symptoms.

