

**Protecting Your
Mental Health
During the
Coronavirus
Outbreak**

Mental Health Resources

COVID-19 Resource and information guide
from National Alliance on Mental Illness
(NAMI)

<https://www.nami.org/covid-19-guide>

Mental health and psychosocial
considerations during COVID

[https://www.who.int/docs/default-source/
coronaviruse/mental-health-considerations.pdf](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf)

Crisis Hotlines

Crisis Text Line Text "HOME" to 741741

Substance Abuse/Mental Health Disaster Line
1-800-985-5990 or
Text "TalkWithUs" to 66746

Suicide Lifeline 1-800-273-8255

WANT MORE INFORMATION?

Centers for Disease Control and Prevention
[https://www.cdc.gov/coronavirus/2019-
ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

Iowa Covid-19 hotline
Call 211

Iowa Department of Public Health
[https://idph.iowa.gov/emerging-health-
issues/novel-coronavirus](https://idph.iowa.gov/emerging-health-issues/novel-coronavirus)

Siouxland District Health Department
[http://www.siouxlanddistricthealth.org/
component/content/article/4-a-z-
search/231-covid-19.html?directory=85](http://www.siouxlanddistricthealth.org/component/content/article/4-a-z-search/231-covid-19.html?directory=85)



**Coronavirus
Isolation and
On Campus
Self Monitoring**

***Morningside College
Student Health Services***

***Supporting student physical,
mental, social, emotional, and
intellectual health to achieve
educational goals.***

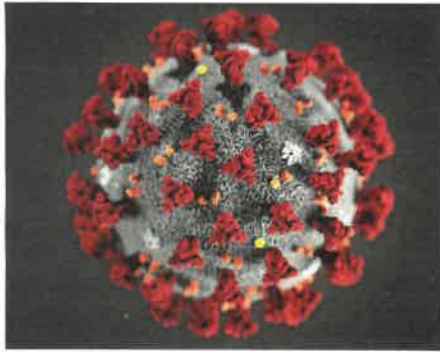
Student Health

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(712) 274-5178



What is Coronavirus?

Coronavirus (COVID-19) is a respiratory illness spread from person to person. This is a new virus which means no one has immunity.

How is it spread?

Covid-19 is spread between people in close contact (less than 6 feet) by respiratory droplets when coughing and sneezing. A person may also get infected by touching a surface with COVID-19 and then touching their own mouth, nose or eyes. More information on spread can be found at:

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Ftransmission.html

Symptoms

People with mild to severe respiratory illness have symptoms of:

- Fever
- Cough
- Shortness of Breath

Isolation Guidelines

- 1) Stay in your residence. Do not leave for 14 days or until directed by your health care provider or student health director.
- 2) Check your temperature twice daily (morning and evening) and record on provided log. Document other symptoms on log.
- 3) If fever elevates above 100.4, you may use Tylenol (acetaminophen) for relief. Please refer to dosing directions on package
- 4) Use sore throat relief kits provided by student health as directed on insert
- 5) Do not allow others to visit you except those designated by housing staff, student health director, or campus safety and security.
- 6) Cover your coughs and sneezes. Wash hands often. Clean frequently touched surfaces regularly with disinfectant.
- 7) Drink plenty of fluids and rest.
- 8) Follow guidelines as directed by CDC.

When To Seek Emergency Medical Care

Emergency warning signs include:

- *Trouble breathing
- *Persistent pain or pressure in the chest
- *New confusion or inability to arouse
- *Bluish lips or face
- *Fever above 100.4 that does not resolve with medicine OR fever 103 or higher.

Call 911 if these symptoms develop and notify the operator you have COVID-19.



Campus Phone Numbers

Emergency:	911
Campus Safety and Security	(712) 274-5234
Health Services	(712) 274-5178
Karmen Ten Napel (Dean of Students)	(712) 274-5191
Residence Life	(712) 274-5161
Counseling Services	(712) 274-5606
Food Services	(712) 274-5303
Campus Ministry Office	(712) 274-5148
Cell:	(712) 289-5059