

WANT MORE INFORMATION?

Centers for Disease Control and Prevention
<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>

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



COVID-19 Advice for Employees During Time of Known Community Widespread Transmission



***Morningside College
Student Health Services***

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

What about face coverings?

The CDC recommends wearing face coverings in public settings where social distancing is difficult and community spread is occurring. Face coverings help to slow the spread of COVID-19 and help people who may have the virus and do not know it from transmitting it to others.

Both face coverings should
fit snugly but comfortably against the side of the face
be secured with ties or ear loops
include multiple layers of fabric
allow for breathing without restriction
be able to be laundered and machine dried without damage or change to shape

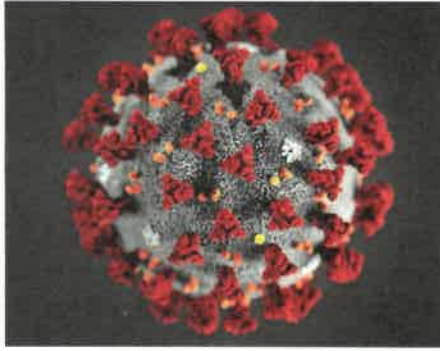
Student Health

Judi Neswick MSN RN CNL NCSN

1501 Morningside Avenue

Sioux City, Iowa 51106

(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

Community Spread

Woodbury County has seen increasing cases of COVID-19, which are occurring through community spread. Community spread means an illness is contracted for which the source of the infection cannot be determined. Persons may be exposed without being aware and become ill with symptoms.

Symptoms

People with mild to severe respiratory illness have symptoms of:

- Fever (A fever is defined as subjective, such as feeling feverish or a measurement temperature of 100.4 or higher).
- Cough
- Shortness of Breath

What can I do?

- 1) Be alert for symptoms of fever, cough, and shortness of breath.
- 2) If symptoms develop, monitor your temperature for the next 14 days.
- 3) Practice social distancing including staying 6 feet away from others and avoid crowds.
- 4) Wash your hands often.
- 5) Follow guidelines as directed by the CDC.

When To Seek Medical Care

Most people who develop symptoms have mild illness and are able to recover at home.

If you have a family doctor, you may call the office for direction. **DO NOT GO TO YOUR DOCTOR OR URGENT CARE WITHOUT CALLING FIRST!**

If you do not have a doctor, you may call 2-1-1, which is the Iowa COVID-19 phone number. They will provide you guidance about your condition and refer you to a medical provider if necessary.

Contact Morningside College Student Health at (712) 274-5178. If you have symptoms, **DO NOT COME TO THE STUDENT HEALTH OFFICE.** Call first

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.

