

I've been diagnosed!

Please notify Campus Safety and Security (712) 274-5234, the Student Health Director at (712) 274-5178 or Karmen Ten Napel (Dean of Students) at (712) 274-5191.

Follow directions from your health care provider or health department including:

- *Stay home except for medical care
- *Separate yourself from other people at home including a separate bathroom if able.
- *Cover your cough and sneezes
- *Wash your hands often
- *Don't share personal items
- *Frequently disinfect high contact surfaces
- *Monitor your symptoms including checking your temperature twice daily.

What are emergency warnings that I need medical attention?

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 is not reduced with medicine or temperature 103 or higher

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

WANT MORE INFORMATION?

Centers for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Iowa COVID hotline: call 2-1-1

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->



Student Health

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1501 Morningside Avenue

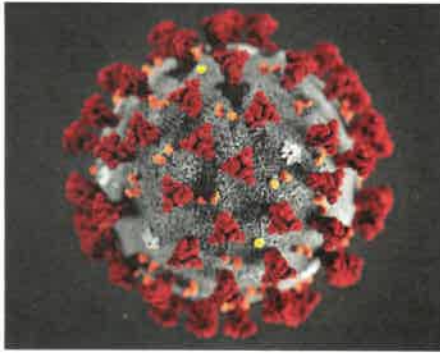
Sioux City, Iowa 51106

(712) 274-5178



***Morningside College
Student Health Services***

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



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



What can I do to protect myself?

People can protect themselves with everyday preventive actions.

- *Avoid close contact with people who are sick.
- *Avoid touching your eyes, nose, and mouth with unwashed hands.
- *Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- * Practice social distancing
 - Stay six feet from people
 - Do not gather in groups
 - Stay away from crowds
 - Wear masks as directed by CDC

What should I do if I develop symptoms?

Most people with mild illness 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.

SOCIAL DISTANCING

