

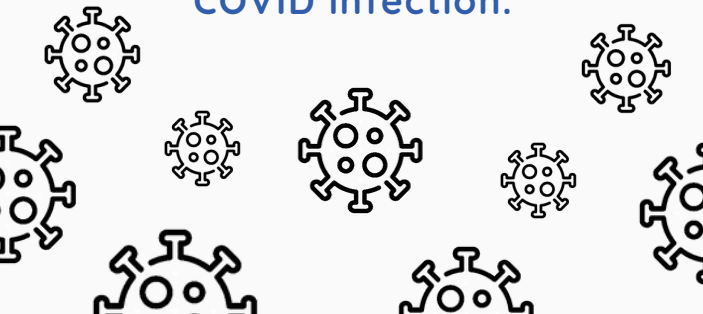
Seem like everyone is getting sick lately?

Everyone's allergies acting up?

COVID isn't over, as much as we want it to be.

It's surging right now - But we can do something about it, upgrade our protection, and care for our community.

Even healthy young people are at risk for lasting and/or severe outcomes with each COVID infection.



## Get Info:

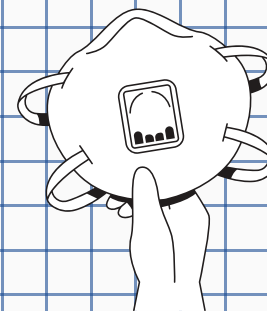
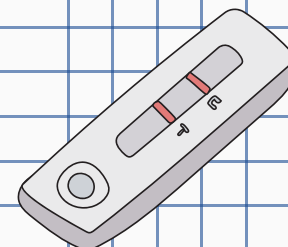


Website: [covid safecampus.org](https://covid safecampus.org)  
Social media: @COVIDSafeCampus  
Find us on Twitter, Instagram



# COLLEGE GUIDE TO COVID SAFETY

How to avoid getting sick and care for the community this semester



## COVID Facts for Winter 2024

- **COVID cases are surging.**
- The levels of COVID, RSV and flu in wastewater continue to be high.
- Our campuses and communities are unprepared, and our safety nets are gone.
- Now is an especially important time to stay informed and layer precautions!

### What are symptoms to look out for?

- **Sore throat**, fever, cough, **congestion**, **runny nose**, muscle pain, headache - it varies. It's also common to be asymptomatic (no symptoms at all).
- **COVID is still very common. Cases and complications are under-reported.**
- Do not assume it's allergies, a cold, or the flu. If you feel off, mask up & begin testing.

### Who is at risk for Long COVID (LC)?

- **Everyone is at risk** of lasting symptoms and new health issues after any infection, including mild and asymptomatic ones.
- LC is complex, chronic, & often debilitating.

### How many people get Long COVID?

- **At least 10% of COVID infections result in Long COVID** (Davis et al., 2023)
- Every time you have COVID, there is a 1 in 10 chance you may get Long COVID (LC).
- In college: Studies show that LC can be very prevalent on college campuses. Among GWU campus community members who had COVID, 36% reported LC symptoms on a follow up survey. (Landry et al., 2023)

## Tools for Staying Safer

### Wear a mask

Consistently wearing high quality **N95, KN95, or KF94 masks** is the best way to **prevent yourself and others from getting infected.**

- The best mask is the one that fits your face and one you'll wear **consistently.**
- Masking up in classes, common areas, transit, healthcare, and crowded spaces is important to avoid getting sick, and to protect others.

### Cleaner Air & Ventilation

**COVID moves through the air like smoke.**

The virus spreads through airborne particles & droplets from people's breath.

- Cleaner and well-ventilated air helps keep you safer. Using **HEPA filters**, **opening windows**, and **moving plans outdoors** can help reduce infection risk.

### Vaccines & Boosters

**Get your updated vaccine!**

Immunity to COVID decreases over time, whether that is from past vaccines or infections. Staying up to date on boosters is important to reduce the risk of severe infections and hospitalization.

**What's the best way to find out about COVID transmission in my area?**

- Wastewater surveillance is currently the most accurate tool for tracking COVID.

## Testing

- **Be sure to test if you feel sick, even if you don't suspect COVID.**
- Test **before** you see people unmasked and a few days **after** risky situations.
- **Rapid tests may not be positive until 3-5 days** into an infection or longer, so keep testing! If you're able, get a PCR to confirm infection. Keep a record of your test result in case of lasting symptoms.

### Isolation and Quarantine

- **If you think you might be sick** or have COVID, it's crucial to mask up, **stay home** & isolate away from others.
- National Nurses United recommends **isolating for 10 days.**
- If you have COVID, stay away from others **until you test negative.**

### Treatment

- You can get **Paxlovid** treatment through telehealth programs such as Test to Treat and Plushcare.
  - **Stop, rest, pace** - rest is extremely important when you have covid.
  - Studies show that rest is important to preventing complications/Long COVID
- ### Have Lingering Symptoms?
- You may have Long COVID and associated conditions (LCACs) and should talk to your doctor.
  - LCACs can qualify as a disability under the ADA/Section 504, entitling you to accommodations at school and work.