

A MESSAGE FROM THE MARS HILL UNIVERSITY WELLNESS CENTER

Since the beginning of fall semester, Mars Hill University has worked tirelessly to stop the spread of COVID-19 on our campus, and to do our part to help end this pandemic that has affected every aspect of our lives.

This semester is in the home stretch.

Protecting your loved ones should be of the utmost importance. Be mindful of the CDC's guidance, and practice safe measures to ensure you stay safe during this holiday season. Please visit the CDC's website for additional information on:

- ▶ [Things you can do to manage your health at home.](#)
- ▶ [Household checklist to prepare for COVID-19.](#)
- ▶ [Households living in close quarters or shared housing.](#)
- ▶ [Caring for someone with COVID-19 while at home.](#)
- ▶ [Travel: Frequently asked questions and answers.](#)
- ▶ [What to do if you are sick.](#)
- ▶ [Isolating if you are sick.](#)

GET HOME SAFELY AND PROTECT FAMILY AND FRIENDS

1. Get tested!

On Thursday, November 19, Mars Hill University Student Health Center will host a voluntary Covid-19 Test Clinic between 10 a.m. and 2 p.m. at the Nash Building. The test is open to all students and is free.

- ▶ **Show up.**
- ▶ **Get tested.**
- ▶ **Learn your status – You will know your results in two or three days.**

2. Lie low.

Even if you test negative for COVID-19, your status can change in a day. Regardless of your test result, you will still need to go home at the close of this semester. Make a concerted effort to lie low until you head home. Forget about parties and gatherings. Hunker down, stay in your residence hall room or apartment and only go out when absolutely necessary for class or to pick up meals. When you do go out, continue to practice the 3 W's– always **Wear** a face covering, **Wash** your hands frequently, and **Wait** a safe distance from others. And again, avoid gatherings!

Remember: If you test positive, you will still need to go home.

3. Travel safely.

When leaving campus, the safest way to travel home is alone, in your own car, or with everyone in the car wearing a face covering and the windows down at least part-way to allow fresh air to circulate.

If you must use public transportation, be sure to have clean face coverings and plenty of hand sanitizer with you. Always maintain a safe distance from others, particularly when standing in lines at airports or other places. Always wear your face covering and remember not to touch your face until after you have had the chance to wash your hands thoroughly.

▶ **What if I am traveling home sick or have tested positive?**

- ▷ Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- ▷ Stay in a separate room from other household members, if possible.
- ▷ Use a separate bathroom, if possible.
- ▷ Avoid contact with other members of the household and pets.
- ▷ Don't share personal household items, like cups, towels, and utensils.
- ▷ Wear a mask when around other people, if able.

▶ **I think (or know) I had COVID-19, and I had symptoms. When can I be with others?**

- ▷ At least 10 days since symptoms first appeared,
- ▷ At least 24 hours with no fever without fever-reducing medication, and
- ▷ When other symptoms of COVID-19 are improving (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).

▶ **I tested positive, but I have no symptoms. When can I be with others?**

- ▷ At least 10 days since the date you had your positive test.
(If you develop symptoms after testing positive, follow the guidance above for *I think [or know] I had COVID, and I had symptoms.*)

▶ **My loved one is returning home sick or positive for COVID. What should I know?**

Please visit the CDC's website: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html> for additional guidance if you have a loved one returning home sick, positive for COVID-19, or becomes ill while home.

- ▷ Help cover basic needs.
- ▷ Make sure the person who is sick drinks a lot of fluids and rests.
- ▷ Help the person who is sick follow their doctor's instructions for care and medicine.
- ▷ Know that for **most** people, symptoms last a few days, and they usually feel better after a week.
- ▷ See if over-the-counter medicines for fever help the person feel better. Help him/her with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.
- ▷ Take care of the sick person's pet(s), and limit contact between the person who is sick and their pet(s) when possible.
- ▷ Watch for warning signs.
- ▷ Have the sick person's doctor's phone number on-hand.

- ▷ Use CDC's self-checker tool to help you make decisions about seeking appropriate medical care.
- ▷ Call the sick person's doctor if the person is getting sicker. For medical emergencies, call 911 and tell the dispatcher that the person has or might have COVID-19.

▶ **When should I seek emergency medical attention?**

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- ▷ Trouble breathing
- ▷ Persistent pain or pressure in the chest
- ▷ New confusion
- ▷ Inability to wake or stay awake
- ▷ Bluish lips or face

**This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

We all know the right thing to do.

In recent weeks, you have shown that you are taking COVID-19 and its spread seriously. We were impressed by your responsible actions over Halloween. Thank you for your commitment to our community's safety!

With so many of you heading home for Thanksgiving, however, the stakes are higher. It is not just about you getting sick, but also about you possibly infecting someone more vulnerable—someone dear to you, such as a parent or grandparent—who might not be able to fight this virus. This is why it is so important to get tested and know before you go, providing you the opportunity to properly protect your loved ones upon arrival at home.

More than ever, it is time for our ***Lions to unite and do what is right!*** Let's do all we can to protect our families and communities, and to make it a safe and healthy holiday for all.

Get Tested, Lie Low, Travel Safely!

Sincerely,
Mars Hill University Student Health Center