

## Table of Contents

Texas State Community COVID-19 Resources .....	2
Symptom & Temperature Log .....	3
Instructions for Home Care with COVID-19 Illness.....	5
Instructions for Living with Someone Who Has COVID-19 Illness .....	7
Mental Health Support During Isolation/Quarantine.....	9

## Important Definitions:

**Isolation** separates sick people with a contagious disease from people who are not sick.

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

**Asymptomatic** is when a patient is a carrier of an illness but does not show symptoms.

**A Close Contact**, for COVID-19, is defined as any individual who was within 6 feet, of a person diagnosed with COVID-19, for at least 15 minutes or more starting from 2 days before illness onset (or, for asymptomatic persons diagnosed with COVID-19, 2 days prior to positive specimen collection) until the time the COVID positive person is no longer infectious.

**Symptoms** for COVID-19 vary. Common COVID-19 symptoms include cough, shortness of breath, sore throat, chills, body aches, vomiting, diarrhea and new loss of smell or taste.

**Social Distancing** is when we put physical distance between ourselves and other people. This means avoiding groups of people (parties, crowds on sidewalks, lines in a store) and maintaining distance (approximately 6 feet) from others when possible.



**Texas State University COVID-19 Information:**

[www.txstate.edu/coronavirus](http://www.txstate.edu/coronavirus)

**Dean of Students:** Student Emergency Services Emergency Funding

[www.dos.txstate.edu/services/emergency/Services-Offered/Emergency-Funding.html](http://www.dos.txstate.edu/services/emergency/Services-Offered/Emergency-Funding.html)

**Counseling Center:** Individual counseling for current students via telehealth, self-help resources, webinars and recorded presentations

512.245.2208 // <https://www.counseling.txstate.edu/Self-Help---Resources/COVID19Resources.html>

**Student Health Center:** Services to students: COVID-19 testing, primary care, psychiatry, pharmacy & lab. Services for faculty & staff: COVID-19 testing & pharmacy.

512.245.2161 // [www.healthcenter.txstate.edu](http://www.healthcenter.txstate.edu) // [www.healthcenter.txstate.edu/covid-19.html](http://www.healthcenter.txstate.edu/covid-19.html)

**Bobcat Trace - Self-Reporting Contact Tracing System:** A voluntary, confidential system used to identify people who may have been exposed to a member of the Texas State University Community with COVID-19. Utilizing this service aids Texas State University in slowing the spread of COVID-19 in the community and getting resources to students, faculty and staff.

<https://bobcattrace.sa.txstate.edu/home/index.php>

**Department of Housing and Residential Life:** On-Campus student living

512.245.4663 // [www.reslife.txstate.edu](http://www.reslife.txstate.edu)

**Faith Resources / Campus Ministries:**

[www.sdi.txstate.edu/ProgramsResources/Spiritual-Religious-Affiliation.html](http://www.sdi.txstate.edu/ProgramsResources/Spiritual-Religious-Affiliation.html)

**Bobcat Balance:** Bobcat Balance is a work life and employee assistance program for faculty, staff and graduate student employees in benefits-eligible positions, along with members of their households.

[www.hr.txstate.edu/worklife/bobcatbalance.html](http://www.hr.txstate.edu/worklife/bobcatbalance.html)

**Texas State Human Resources:** FAQs for Faculty and Staff regarding COVID-19 and Remote Work/Telecommuting Requests

<https://www.hr.txstate.edu/about/news-policies/covid19-workplace-updates.html>

**Community Action Inc. of Central Texas:** COVID-19 relief funds for vulnerable populations who have lost their job, wages, or ability to pay rent, utilities, food, essential services and medicine.

[communityaction.com](http://communityaction.com)

**Local COVID-19 Testing Sites:** Search by address for testing sites statewide and for locations specific to the Texas State University community.

All On Campus COVID-19 Testing: <https://www.healthcenter.txstate.edu/covid-19/#testing> Texas Department of State Health Services Map: <https://dshs.texas.gov/coronavirus/testing.aspx>

**Local Hospitals:** A list of local hospitals and urgent care centers near both Texas State University campuses.

[https://www.healthcenter.txstate.edu/AFTER-HOURS/#Local\\_Services](https://www.healthcenter.txstate.edu/AFTER-HOURS/#Local_Services)

# Symptom & Temperature Log

Write your symptom and temperature in the space below every day.

DAY	DATE	SYMPTOMS	TEMPERATURE
DAY 1		 	
DAY 2		 	
DAY 3		 	
DAY 4		 	
DAY 5		 	
DAY 6		 	
DAY 7		 	
DAY 8		 	
DAY 9		 	
DAY 10		 	
DAY 11		 	
DAY 12		 	
DAY 13		 	
DAY 14		 	



If you have a medical emergency, call 9-1-1 and inform them that you are self-monitoring for COVID-19.

## HOW TO TAKE YOUR TEMPERATURE



**1.** Turn the thermometer on by pressing the button near the screen.



**2.** Hold the tip of the thermometer under your tongue until it beeps.  
**Do not bite the thermometer.**



**3.** Read your temperature on the screen. If your temperature is 100.4°F/38°C or higher, you have a fever.



**4.** Write your temperature in the Symptom and Temperature Log in this booklet.



**5.** Clean your thermometer with soap and water and dry it well.

## BEFORE YOU TAKE YOUR TEMPERATURE

Wait 30 minutes after eating, drinking, or exercising.



Wait at least 6 hours after taking medicines that can lower your temperature, like:

- Acetaminophen, also called paracetamol
- Naproxen
- Ibuprofen
- Aspirin



## SAMPLE SYMPTOM & TEMPERATURE LOG

DAY	DATE	SYMPTOMS	TEMP
<b>DAY 1</b>	Nov 2, 2020	No Symptoms	97.4 F
		No Symptoms	98.6 F
<b>DAY 2</b>	Nov 3, 2020	No Symptoms	96.9 F
		No Symptoms	98.6 F
<b>DAY 3</b>	Nov 4, 2020	No Symptoms	98.0 F
		No Symptoms	98.6 F
<b>DAY 4</b>	Nov 5, 2020	No Symptoms	97.3 F
		No Symptoms	98.6 F
<b>DAY 5</b>	Nov 6, 2020	No Symptoms	96.5 F
		No Symptoms	98.6 F

# Instructions for Home Care with COVID-19 (Presumed or Confirmed) Illness

If your healthcare provider suspects that you have COVID-19 viral illness, but you do not need to be hospitalized and can be isolated at home, you will be monitored by your healthcare provider or the local health department. You should follow the prevention steps below until you can return to your normal activities. In most cases, isolation can end once an individual has been without a fever for 24 hours, has experienced symptom improvement, and has stayed in isolation a minimum of 10 days since symptoms first appeared. If individual was asymptomatic (without symptoms), isolation can end 10 days after test date.

**CLOSE CONTACTS MUST BE NOTIFIED IMMEDIATELY.** THIS IS IMPORTANT TO STOP THE SPREAD OF COVID-19. Anyone that was within 6 feet for 15 minutes or more while you were infectious must be contacted and instructed to **QUARANTINE** for 10 days since they were last with you. They should also get tested for COVID-19 between days 5-7. It is possible for you to spread the virus to others 2 days before you experience symptoms (or, if you are asymptomatic, 2 days before you receive a positive test).

Stay home when you are sick, except to get medical care.



### Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate from other people or animals in your home.



### Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a face mask.

Call ahead before visiting a clinic or hospital.



### Call ahead before visiting a clinic or hospital

If you need a medical appointment, call the Student Health Center and tell them that you are being treated for COVID-19. This will help the clinic take steps to keep other people from getting infected or exposed. If you need emergency medical treatment, call 9-1-1 and tell the operator that you are being treated for COVID-19.

Wear a facemask around other people.



### Wear a face mask

You should wear a face mask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a face mask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a face mask if they enter your room.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



### Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands, as described on the next page.



### Clean your hands often

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth.



### Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



### Clean all “high-touch” surfaces everyday

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.



### Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call the clinic or hospital and tell them that you are seeking treatment for COVID-19. Put on a face mask before you enter the facility. These steps will help the clinic to keep other people in the office or waiting room from getting infected or exposed.

If you have a medical emergency and need to call 9-1-1, notify the dispatch personnel that you are being treated for COVID-19. If possible, put on a face mask before emergency medical services arrive.

### Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis.

For more information:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Household members, intimate partners, and caregivers in a nonhealthcare setting may have close contact with a person with symptomatic, laboratory-confirmed COVID-19 or a person under investigation (suspected of having this disease). Close contacts should monitor their health; they should call their healthcare provider right away if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath).

Close contacts should quarantine themselves. Quarantine is the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but are not yet symptomatic.

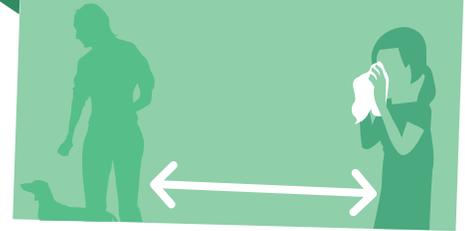
### Close contacts should also follow these recommendations:

If you are helping to care for the ill person: Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.

Monitor the patient's symptoms. If the patient is getting sicker, call the Student Health Center and tell them that the patient is being treated for COVID-19. If the patient has a medical emergency and you need to call 9-1-1, notify the dispatch personnel that the patient has, or is being evaluated for, COVID-19.

- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Do not handle pets or other animals while sick.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth.
- You and the patient should wear a face mask if you are in the same room.
- Wear a disposable face mask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit or urine.
- Throw out disposable face masks and gloves after using them. Do not reuse.

Separate from other people or animals in your home.



Wash your hands often with soap and water for at least 20 seconds.



Avoid touching your eyes, nose and mouth.



When removing face mask and gloves, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of face mask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.

**Avoid sharing household items with the patient.** You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below “Wash laundry thoroughly”).

**Clean all “high-touch” surfaces,** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

**Wash laundry thoroughly.**

Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them. Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves. Read and follow directions on labels of laundry or clothing items and detergent. In general, use a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.

Place all used disposable gloves, face masks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.



You have been asked to stay home in isolation or quarantine. We know this is not what you had planned! No one wants to hear this news, but it is very important that you follow the instructions provided. Doing so will help to ensure that your friends, family, and other members of our community are protected from having a serious illness due to COVID-19.

Remember that during this time, you are not alone but are part of a team working to protect our community from COVID-19. Your role in this team is to adhere to the guidelines provided while communicating any concerns that you have. Our role at Bobcat Trace is to make sure you have the information that you need and know where to learn more.

If you require medical evaluation or treatment for mental health symptoms during this time, please call your own health care provider, or the Student Health Center. 512.245.2161. If you would like to speak with a counselor, please contact the Student Counseling Center at 512.245.2208. There are also many resources (including Therapy Assistance Online) available on the Counseling Center's COVID-19 webpage, at [www.counseling.txstate.edu/Self-Help---Resources/COVID19Resources.html](http://www.counseling.txstate.edu/Self-Help---Resources/COVID19Resources.html). Bobcat Balance is available for faculty and staff at [www.hr.txstate.edu/worklife/bobcatbalance.html](http://www.hr.txstate.edu/worklife/bobcatbalance.html).

If you are having a life threatening medical or mental health emergency, call 9-1-1.

If you are having suicidal thinking, the 24-hour hotlines for students are:

San Marcos Campus - Avail Crisis Hotline: 1.877.466.0660

Round Rock Campus - Bluebonnet Trails Crisis Hotline: 1.800.841.1255

The 24-hour hotline for staff or faculty is:

National Suicide Prevention Lifeline: 1.800.273.TALK (8255)

Having COVID-19 or being exposed to it can create increased anxiety. You may feel worried or unsure of what to expect. You may find yourself imagining frightening scenarios based on things you have seen online, heard, or read. It is important to share your concerns with others who can provide support. Finding reliable information can be helpful in these situations as well. This is a good website to research information about COVID-19:

[www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

## There are several things you can keep in mind to best manage your mental health during this time:

### DO:

- Keep to a schedule
- Stay in touch with family and friends
- Identify projects and goals you can complete on your own
- Exercise regularly if you are feeling well enough to do so
- Eat healthy foods and drink plenty of water
- Use strategies to reduce anxiety: meditation, yoga, prayer, creative projects, journaling, etc.
- Communicate with your health care provider when you have questions
- Remember that by following the guidelines for staying away from others, you are serving your community

### DON'T:

- Spend all day reading or listening to news about COVID-19
- Stop taking care of yourself; practice good hygiene
- Put off asking questions when you have concerns
- Blame yourself or others for this situation

**Thank you for doing your part to overcome this global challenge to our health and safety.**