

## **COVID 19 Information**

**Know the symptoms:** People with COVID 19 can have a wide range of symptoms ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting or diarrhea
- Rash

**Know how to protect yourself:** the best way to prevent illness is to avoid being exposed to this virus. The more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.

**FACE COVERINGS.** The cloth face cover is not a substitute for social distancing. Face coverings should not be placed on anyone who has trouble breathing, or is unconscious, incapacitated or unable to remove the mask without assistance.

**SOCIAL DISTANCING.** Put 6 feet (about 2 arms' length) of distance between yourself and others. Remember that some people without symptoms may be able to spread the virus.

**CLEAN AND DISINFECT.** Wash your hands with soap and water for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol. Clean and disinfect frequently touched surfaces daily, this include phones, remote controls, counters, doorknobs, light switches, bathroom fixtures, toilets, faucets, sinks, keyboards, tablets.

**Testing for COVID 19:** Testing will be available on campus for symptomatic residential students. Students residing off campus will be referred to local testing facilities. A list of local testing facilities can be found at [rider.edu/health](http://rider.edu/health).

**Monitoring for symptoms of COVID-19:** Students will be required to download the Campus Clear App and monitor themselves daily for any signs or symptoms of COVID-19.

### **Quarantine vs. Isolation**

**Quarantine:** keeps someone who was in close contact with someone who has COVID-19 away from others.

If you are notified that you were in close contact with a person who has COVID 19

- Stay home until 14 days after your last contact with the infected individual
- Check your temperature twice a day and watch for any symptoms of COVID 19.
- Maintain social distancing from others at all times.

**Isolation:** keeps someone who is sick or tested positive for COVID-19 away from others

If you are sick and think or know you have COVID-19

- Stay home until cleared by your medical provider
- Monitor your symptoms
- Maintain social distancing from others at all times
- If you live with others, stay in a specific "sick room" away from other people. Use a separate bathroom, if available.

**COVID 19 Shared Responsibility Pledge** must be signed by all students in your myrider portal.