**SYMPTOMS**

- FEVER
- COUGH
- SHORTNESS OF BREATH
- SORE THROAT
- HEADACHE

**PREVENTION**

- WASH HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS. IF YOU CANNOT WASH YOUR HANDS USE HAND SANITIZER.
- AVOID CROWDS OR GATHERINGS. KEEP A DISTANCE OF 6 FEET (2 METERS) BETWEEN YOURSELF AND OTHERS.
- KEEP OBJECTS AND SURFACES CLEAN
- WEAR A MASK OR CLOTH FACE COVERING TO PROTECT OTHER IN PUBLIC AREAS
- DON’T TOUCH EYES, NOSE OR MOUTH WITH UNWASHED HANDS
- AVOID CONTACT WITH SICK PEOPLE
- COVER YOUR NOSE AND MOUTH WITH TISSUE OR ELBOW WHEN SNEEZING
- PUT TISSUES IN THE TRASH BIN AND WASH HANDS
- DO NOT SHARE EATING UTENSILS AND FOOD
- INCREASE VENTILATION, OPEN WINDOWS WHEN POSSIBLE

**IF YOU FEEL SICK OR WERE EXPOSED TO COVID-19**

- STAY IN YOUR RESIDENCE
- AVOID CONTACT WITH OTHERS. IF YOU LIVE IN AN APARTMENT, INFORM YOUR HOUSEMATES.
- IF YOU BECOME SICK CALL THE STUDENT HEALTH CENTER AT (831) 459-2591

**RESOURCES**

- Campus COVID-19 Information ucsc.edu/coronavirus
- Student Health Center healthcenter.ucsc.edu
- Counseling and Psychological Services caps.ucsc.edu
- Center for Disease Control cdc.gov