



# Health Recommendations

Do Your Part to Slow the Spread of COVID-19



## Wash Your Hands

**Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.



## Avoid Close Contact & Put Distance

**Avoid close contact** with people who are sick, even inside your home. **Put distance** between yourself and other people. Remember that people without symptoms may spread the virus. Stay at least 6 feet (about 2 arms' length) from other people.



## Use a Cloth Face Cover

**Cover your mouth and nose** with a cloth face cover when around others. You could spread COVID-19 even if you do not feel sick. Everyone should wear a cloth face cover when they go out in public. **The cloth face cover is meant to protect other people in case you are infected.** Continue to practice social distancing while wearing a mask.



## Do Not Gather in Groups

**Do not gather in groups.** Avoid crowded places and mass gatherings.



## Cover Coughs & Sneezes

**Cover coughs and sneezes.** Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow if not wearing a cloth face covering. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds, or if soap is not available, with a hand sanitizer that contains at least 60% alcohol.



## Avoid Touching

**Avoid touching** your eyes, nose, and mouth with unwashed hands.



## Clean & Disinfect

**Clean and disinfect** frequently touched surfaces daily. Keep disposable wipes in your bag and wipe down table surfaces and chairs before and after use in common spaces such as classrooms, the library, the SUB, and eating locations.



# COVID-19 Fact Sheet

General Guidelines to Slow the Spread of COVID-19

## What exactly is COVID-19?

“Coronaviruses are a type of virus. There are many different kinds, & some cause disease. A newly identified type has caused a recent outbreak of respiratory illness now called COVID-19.”

Via Johns Hopkins Medicine

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus>

## What symptoms are common for COVID-19?

**IMPORTANT:** If you are exhibiting ANY symptoms, ISOLATE & call a COVID-19 hotline.

People with COVID-19 have reported a wide range of symptoms. Symptoms may appear 2-14 days after exposure to the virus.

- Cough
- Shortness of breath
- Difficulty breathing
- Fever & chills
- Diarrhea
- Muscle pain
- Sore throat
- New loss of taste or smell

**Questions? Contact RISE:**

Drane 247 | 806.742.2110 | @tturise  
rise@ttu.edu | rise.ttu.edu

## I was exposed to someone with COVID-19. What should I do now?

**IMPORTANT:** Do not attend class, work, social gatherings, or go into public spaces until you have been screened for symptoms, and/or tested for COVID-19.

If you have been tested for COVID-19 and are waiting for results or have tested positive, ISOLATE.

**Isolation:** Used to separate people infected with the virus from people who are not infected.

Stay home and do not go in public areas. If you live with others, stay in a specific area away from other people or animals. Use a separate bathroom, if available. If you have tested positive, contact those who you have been in close contact with and inform them of possible exposure.

If you may have been exposed to someone who has or may have COVID-19, QUARANTINE.

**Quarantine:** Used to keep someone who may have been exposed to the virus from others.

Stay home until 14 days after your last exposure. Check your temperature twice a day and watch for symptoms of COVID-19. If possible, stay away from people who are at high-risk for getting very sick from COVID-19

## What resources can I contact in Lubbock?

### TTU Student Health Services

806.743.2848 | Student Wellness Center 1003 Flint Ave.

To speak with a nurse about COVID-19 questions: (806) 743-2911

### University Medical System

806.775.8200 | 602 Indiana Ave.

COVID-19 hotline: 806.761.0111

### Covenant Health System

806.725.0000 | 2215 Nashville Ave.

COVID-19 testing: 806.725.TEST

### Remote Mental Health Services @ the Student Counseling Center

Student Wellness Center 1003 Flint Ave. Room 201

Call to establish online services: 806.742.3674

### Texas Tech Crisis Helpline | Available 24/7/365

806.742.5555 | For individuals experiencing any mental health crisis

