



UChicago Student Wellness

**Informational
Packet for
Roommates,
Caregivers, or
Partners of
Individuals With
COVID-19**

wellness.uchicago.edu



At Home Instructions for Household Members, Intimate Partners, and Caregivers

These precautions are for **anyone who may have close contact in a non-healthcare setting with a patient who has tested positive for COVID-19.**

Close Contacts Can Follow These Recommendations to Care for and Support A Patient With COVID-19

- Understand and help them follow their doctor's instructions for medications and care.
- Help the patient with basic household needs and provide support for getting groceries, prescriptions, and other personal needs.
- **Keep watch of the patient's symptoms. Get help if the patient is getting sicker.**
- If the patient has a medical emergency and you need to call 911, tell the person on the phone that the person has tested positive for COVID-19.
- Be sure shared spaces have good air flow, such as by an air conditioner or an opened window when there is good weather.
- Do not have visitors who do not have to be in the home.
- Care for any pets in the home. Anyone who is sick must not handle pets or other animals. This is to prevent the spread of infection.

Keep Watch of Your Own Health

- Call UChicago Student Wellness right away if you develop symptoms of COVID-19 such as fever, cough, or shortness of breath.
- **Wash your hands often** with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that has 60 to 95 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Soap and water must be used if you see dirt on your hands.
- **Do not touch your eyes, nose, and mouth with unwashed hands.**
- Stay in another room and **be separated from the patient as much as possible.**
- Use a separate bedroom and bathroom.

Content Adapted from UChicago Medicine, September 2020. www.uchicagomedicine.org



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To Protect Yourself and Others

- **Do not share household items with the patient.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, wash them very well.
- **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 label instructions. Labels have instructions for safe and the best use of the cleaning product.

Masks and Personal Protective Equipment

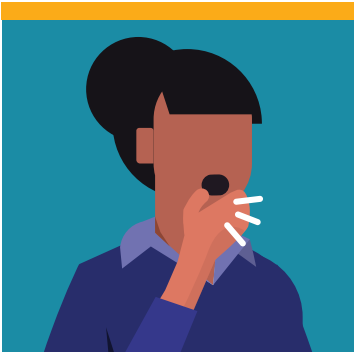
- **If you have masks available, the patient is the one that needs to wear the facemask when around other people.** If the patient is not able to wear a facemask (for example, because it causes trouble breathing), the caregiver must wear a mask when in the same room as the patient. If you do not have masks, try to maintain a distance of 6 feet as much as possible.
- Wear a disposable facemask and gloves when you touch or have contact with a patient’s blood, stool, or body fluids, such as saliva, sputum, nose mucus, throw-up, or urine.
- Throw out disposable facemasks and gloves after using them. Do not reuse.
- **When removing personal protective equipment:** First remove and dispose of gloves. Then clean your hands right away with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and clean your hands right away again with soap and water or alcohol-based hand sanitizer.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before throwing them out with other household waste. Clean your hands with soap and water or an alcohol-based hand sanitizer right away after handling these items. Soap and water must be used if you see dirt on your hands.

Washing Laundry

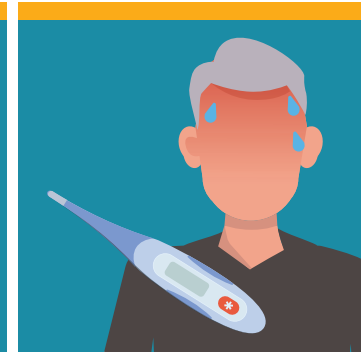
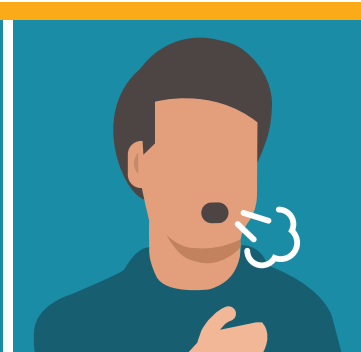
- Remove and wash clothes or bedding right away that has blood, stool, or body fluids on it.
- Wear disposable gloves when touching soiled items and keep soiled items away from your body. Clean your hands with soap and water or an alcohol-based hand sanitizer right away after removing your gloves.
- Read and follow directions on labels of laundry or clothing items and detergent. You can use normal laundry detergent according to washing machine instructions and dry very well using the warmest temperatures recommended on the clothing label.

Symptoms of Coronavirus (COVID-19)

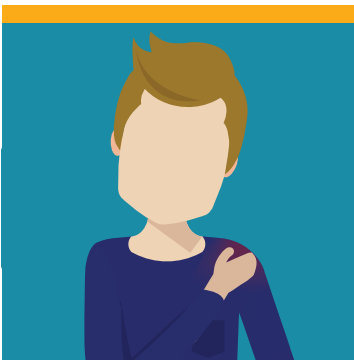
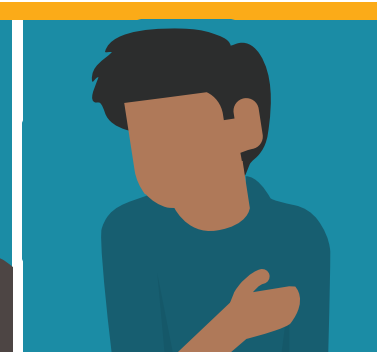
Know the symptoms of COVID-19, which can include the following:



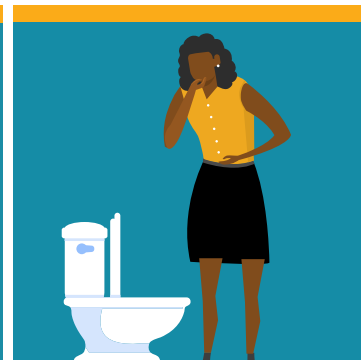
Cough, shortness of breath or difficulty breathing



Fever or chills



Muscle or body aches



Vomiting or diarrhea



New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- 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 healthcare provider for any other symptoms that are severe or concerning to you.



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Monitoring Your Temperature

We recommend taking your temperature orally twice a day, once in the morning and once at night. You have been given a digital thermometer; it is important to use it correctly in order to get an accurate temperature.

How to Use and Read an Oral Thermometer

- Refrain from eating or drinking 30 minutes prior to taking your temperature.
- If you prefer your reading in Celsius, set your thermometer to Celsius by holding down the multifunction button for 5 seconds while the thermometer off. This will allow the thermometer to go from Fahrenheit to Celsius and back.
- Press the “on” button once.
- Place the thermometer under your tongue until you hear a beep.
- Remove the thermometer.
- Record the temperature displayed on the screen in a simple log that lists the date and your temperature at morning and at night.
- Turn off the thermometer and wipe the thermometer with an alcohol wipe. Allow it to air dry.

Why do I have to check my temperature?

A rise in body temperature can signal that your body is fighting an infection. Returning to a more normal temperature for two or more days is a sign that you are recovering.

What is a normal temperature?

The normal body temperature is 98.6°F or 37°C; however, for some people, this may fluctuate one to two degrees Fahrenheit (or half a degree to one degree Celsius).

What is a fever?

The CDC describes a fever as 100.4°F or 38°C or higher. When you have a fever, you may have chills and feel uncomfortable. You can take two tablets of extra-strength Tylenol for a fever every 6 hours while symptoms last. Do not to exceed 6 tablets in 24 hours, unless directed by a doctor.

Please contact UChicago Student Wellness at 773-834-WELL if your temperature reaches 102°F or 38.8°C or higher and it does not go down with Tylenol after 1 hour.

Sources:

<https://my.clevelandclinic.org/health/articles/9959-thermometers-how-to-take-your-temperature>

<https://www.medscape.com/answers/820200-27207/what-are-the-recommended-maximum-daily-dosages-of-acetaminophen-in-adults-and-children>

WASH YOUR HANDS

IN ORDER TO KEEP YOURSELF
AND THE UCHICAGO
COMMUNITY HEALTHY, WASH
YOUR HANDS THOROUGHLY
AND REGULARLY.

FOLLOW THESE SIMPLE
INSTRUCTIONS TO REMOVE
GERMS AND AVOID THE
SPREAD OF GERMS TO THOSE
AROUND YOU.

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.



2. Lather your hands by running them together with soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



3. Scrub your hands for at least 20 seconds.



4. Rinse hands well under clean, running water.



5. Dry hands using a clean towel or air dry them.



The logo features a stylized speech bubble shape composed of overlapping teal, red, and grey blocks. The text "UCHICAGO HELP WE CARE" is centered within the red block.

**UCHICAGO
HELP**
WE CARE

**Learn more at
help.uchicago.edu
or use the
UChicago Safe App**



THE UNIVERSITY OF
CHICAGO

**Campus &
Student Life**

Resources available to support students navigating academic and personal difficulties:

- **University of Chicago Police Department (UCPD):** 773.702.8181 or 123 from a campus phone
- **Dean-on-Call:** Call UCPD or use the UChicago Safe App
- **Sexual Assault Dean-on-Call:** Call UCPD or use the UChicago Safe App
- **Bias Education & Support Team:** help.uchicago.edu/BEST
- **UChicago Student Wellness (medical, counseling, and health promotion):** 773.834.WELL
- **Therapist-on-Call (24/7):** 773.702.3625
- **University of Chicago Emergency Department:** 773.702.6250
- **Office for Sexual Misconduct Prevention & Support:** 773.834.OEOP (6367)