

# No COVID-19 symptoms? You could still be unknowingly spreading it to your loved ones.

Certain groups of people may be at higher risk of transmitting the virus to others due to their increased exposure, like college students and those that travel for work (e.g. construction workers).

You are likely to be most infectious right before symptoms appear (if they appear at all).

**INFECTIOUS**

**Symptomatic or Asymptomatic Period**  
(for a few days to several weeks)

Do not wait until it is too late to protect your loved ones!

**Exposure**  
(time of infection)

**Pre-symptomatic Period**  
(for 2-14 days after exposure)

**Do not let your guard down.**  
The coronavirus might be hiding in plain sight.

**Avoid going home** from the city or campus to ensure you do not bring the virus to your family.

You may or may not show symptoms of COVID-19, but still be highly contagious.

This is why it is best to always assume you have the virus and take the necessary precautions.

Reinfections are believed to be possible, so make sure to **continue to follow precautions.**

**While at school, make sure to:**

**Maintain social distance** of at least six feet at all times when around people who do not live with you.

**Stay in your dorm** as much as possible and **do not gather with others** outside of your dorm room.

**Enroll in online classes**, if possible.

**Wipe down desk** with disinfectant wipes.

**Avoid placing your personal items** on desk.

**Learning**

**If in classroom..** Distance from other students by skipping seats or rows.

**Cover your cough or sneeze** with a tissue or inside your elbow.

**Ensure correct use of face masks** at all times when around people who do not live with you.

**Shared Bathroom**

Avoid placing your toothbrush directly on counter surfaces.

Use totes for personal items to **limit contact with other surfaces** in bathroom.

**Laundry**

**Clean and disinfect** common surfaces before and after use.

**Wash cloth masks** in warmest recommended setting.

**Wash your hands often** with soap and water or use an alcohol-based (at least 60% alcohol) hand sanitizer, both for at least 20 seconds.

**Get tested for COVID-19** as much as possible, especially if you think you might have been exposed to the virus or feel sick.

**Shared Dorm Room**

**Avoid sharing items** with others. If you do, **clean and disinfect** before sharing or using.

**Meals**

Avoid buffet and self-serve stations. Also avoid sharing food, drinks, utensils, or other items.

**Pick up grab-and-go options** for meals if offered.

Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Updated: March 2021 | Sources: CDC and WHO

**COVID-19 relief support:** 1.833.956.1554 or [navajohopisolidarity.org](http://navajohopisolidarity.org)  
**More info on COVID-19:** [CDC.gov/coronavirus](http://CDC.gov/coronavirus)

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