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

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

Exposure
(time of infection)
Do not let your guard down. The coronavirus might be hiding in plain sight.

Pre-symptomatic Period
(for 2-14 days after exposure)
Avoid going home from the city or campus to ensure you do not bring the virus to your family.

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

Do not wait until it is too late to protect your loved ones!
Reinfections are believed to be possible, so make sure to continue to follow precautions.

While at school, make sure to:

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

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

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

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.

Enroll in online classes, if possible.

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

Wipe down desk with disinfectant wipes.

Avoid placing your personal items on desk.

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.

Avoid buffet and self-serve stations.

Meals
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.

COVID-19 relief support: 1.833.956.1554 or navajohopisolidsarity.org
More info on COVID-19: CDC.gov/coronavirus

Updated: March 2021 | Sources: CDC and WHO