

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're 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)



You may or may not show symptoms of the virus, but still be highly contagious.

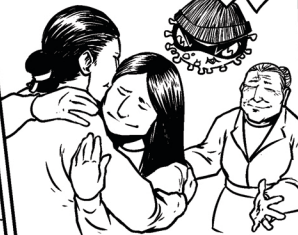
This is why it's best to always assume you have the virus and take the necessary precautions.

Don't wait until it's too late!
Don't bring the virus home to your family.



Reinfections are believed to be possible, so continue to protect yourself from the virus.

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



Avoid going home from the city or campus to ensure you don't bring the virus to your family.

Exposure
(time of infection)



Don't let your guard down!
The coronavirus might be hiding in plain sight.

While at school, make sure to:



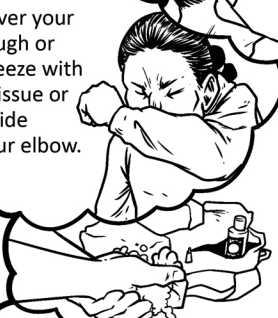
Stay in your dorm as much as possible and don't gather with others outside of your dorm room.

Maintain social distance of at least 6 feet at all times when around people who don't live with you.



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

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



Wash your hands often with soap and water or use a hand sanitizer (with at least 60% alcohol content), 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 masks in warmest recommended setting for fabric.



Shared Dorm Room

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

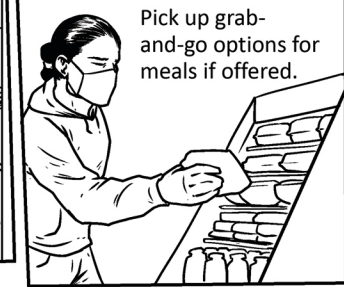


Avoid buffet and self-serve stations.

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.

Created: January 2021 | Sources: CDC and WHO

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

CHAMPION

CATALPUL'DESIGN

NAVAJO & HOPI FAMILIES COVID-19 RELIEF FUND

