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

You’re likely to be most infectious right before symptoms appear, if they appear at all.

Exposure
(time of infection)

Don’t 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 don’t 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 the virus, but still be highly contagious.

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

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

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.

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

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.

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.

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). 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.