Monitor your health and practice social distancing:

- Take your temperature with a thermometer two times per day and monitor for fever. Also watch for cough or trouble breathing.
- Stay home (in your room) except to get medical care. Under no circumstances should you go to work, school or public areas during this 14-day period. Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis or rideshares during the time you are practicing social distancing.
- Keep your distance from others at least six feet.

What to Do if You Get Sick:

- If you get sick with fever (100.4°F/38°C or higher), cough or have trouble breathing, do the following:
- For emergency care for extreme symptoms, call 911.
- Contact your health professional for guidance about where best to seek care, and to discuss your recent travel and symptoms. Students can call the University Health Center (402-472-5000).
- Avoid all contact with others.

Recommended supplies to have on hand in the event of illness:

- Disposable tissues
- Hand sanitizer (at least 60% alcohol) or soap and water
- Fluids such as tea, water, packets of Gatorade, packets of ramen noodles or chicken soup, and juice
- A disposable or digital thermometer
- Salt (for saltwater gargling for sore throat)
- Honey (for sore throat and coughs)
- Acetaminophen (Tylenol) for fever and aches (follow dosing guidelines carefully to avoid excessive amounts)
- Pseudoephedrine for nasal congestion (Sudafed — the kind you buy at the pharmacy counter, not Sudafed PE)
- Food sufficient for two weeks if living off campus (those on campus will have meals provided by Dining Services)
- Supplies needed for your school work (organized in case you must leave with little notice)
- A two-week supply of any chronic medications

Based on guidance from the Nebraska Department of Health and Human Services, any student who returns from travel in areas in the United States or internationally that have widespread transmission of COVID-19 should self-quarantine for 14 days. (http://dhhs.ne.gov/pages/coronavirus.aspx)
Where to call for help:

**MEDICAL PROVIDER**
University Health Center
(402) 472-5000 or https://health.unl.edu

**MENTAL HEALTH**
Counseling and Psychological Services (CAPS)
(402) 472-7450
or visit https://caps.unl.edu

**SAFETY**
*On Campus*
University Police Department
(402) 472-2222 or visit
https://police.unl.edu/

*Off Campus*
Local Police Department
or 911

**UNL 2019 NOVEL CORONAVIRUS AND COVID-19 INFORMATION**
https://covid19.unl.edu
or email covid19@unl.edu

**CITY AND COUNTY HEALTH CORONAVIRUS HOTLINE**
(402) 441-8006

**LANCASTER COUNTY HEALTH DEPARTMENT** *(INCLUDES LINCOLN)*
(402) 441-8000
or visit https://lincoln.ne.gov/city/health/