

# WHAT YOU NEED TO KNOW ABOUT THE CORONAVIRUS (COVID-19)

Visit [coronavirus.wvu.edu](https://coronavirus.wvu.edu) for more information about the virus and how to protect yourself. Information about the virus is always changing, so be sure to visit [cdc.gov](https://cdc.gov) for updates (you can find COVID-19 information from the CDC in your LiveSafe app).

## How to protect yourself from COVID-19

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If you are sick with flu-like illness, the CDC recommends you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

## What you should do if you feel like you may have been infected with COVID-19

First, recognize the symptoms. If you experience a fever and/or symptom of lower respiratory illness (cough, congestion or shortness of breath), self-isolate and call this number [304-929-1232](tel:304-929-1232). Leave a message if no one answers. If your situation is an emergency, please call 911 or make your way to an emergency room.

## Questions?

Students who have questions about protecting yourself from COVID-19, reach out to Dr. Peggy Lambert-Fink at [peggy.lambert@mail.wvu.edu](mailto:peggy.lambert@mail.wvu.edu). Employees who have questions should reach out to their health care provider.