

# TIPS TO STAY HEALTHY DURING THE COVID-19 OUTBREAK

St. John's University is closely monitoring the outbreak of Novel Coronavirus (COVID-19). Take care of your health and protect others by doing the following:

St. John's University Student Health Services

## 1 WASH YOUR HANDS. A LOT.

Wash your hands often with soap and water for at least 20 seconds, especially after being in public places, touching door handles, and blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

## 2 WIPE DOWN WORK SURFACES

Disinfect your desk, computer, doorknobs, light switches, and any other surfaces that you frequently touch using EPA-approved disinfectant wipes or spray.

## 3 CLEAN YOUR SMARTPHONE

What good is handwashing if you immediately reach for a dirty phone? Use a damp, soapy microfiber cloth or a disinfectant wipe to clean the screen and back of your smartphone.

## 4 NIX THE HANDSHAKES AND HIGHFIVES

Coronavirus is primarily transmitted between people so do your best to avoid any unnecessary physical contact. Try offering a friendly wave, peace sign, or thumbs up, instead!

## 5 COVER COUGHS AND SNEEZES

Practice respiratory hygiene by covering your mouth and nose with a tissue or a bent elbow everytime you cough or sneeze. Immediately dispose of the used tissue and wash your hands.

## 6 IF NEEDED, SEEK MEDICAL CARE EARLY

If you feel unwell, stay home. If you have fever, cough, and difficulty breathing, seek medical attention and call in advance. Students away from campus should call their primary health provider. Students remaining on campus should call Student Health Services at 718-990-6360 (option 4). If Student Health Services is closed, please call the department of Public Safety at 718-990-5252. Faculty, administrators, and staff should call their primary health care provider. Before you go to a doctor's office, remember to call ahead and tell them about your symptoms.

## 7 PRACTICE POSITIVE GENERAL HEALTH HABITS

Keep your immune system up by exercising, getting adequate sleep, and eating healthy options.

## 8 PRIORITIZE YOUR MENTAL HEALTH

Managing stress and anxiety is also key in maintaining your physical health. Giving yourself a mental boost will look different for everyone. Think about what would be helpful for you, whether that means unplugging from the news, lighting a scented candle, or practicing some yoga.

