

STOP!

FEELING SICK?

Please stay home.

If you feel unwell or have the following symptoms, please leave campus and contact your healthcare provider. **Do not enter if you have:**



Fever



**Cough or
Respiratory
Symptoms**

*Such as sore throat
or runny nose.*



**Shortness
of Breath**

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Protect Yourself ♥ Protect Each Other
www.sunydutchess.edu/covid

Protect Yourself ♥ Protect Each Other

Help prevent the spread of COVID-19



Wash hands often with soap and water for at least 20 seconds. If water is not available, use **hand sanitizer** with at least 60% alcohol.



Wear a mask. Cloth face coverings are required in all shared spaces inside buildings and outdoors when you cannot social distance six feet.



Clean and disinfect frequently touched objects and surfaces.



Social distance. Stay at least six feet from other people.



Cover your mouth and nose with your elbow or a tissue when you cough or sneeze.



Avoid touching your eyes, nose or mouth with unwashed hands.

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If you're sick, stay home and avoid close contact with others.



Please wear a face mask.

In order to keep each other safe, **a cloth face covering is required at all times** *except* when outdoors *and* more than six feet away from others; when working alone in a workspace such as an office, vehicle or lab; or when a medical reason discourages you from doing so. Face masks should always be worn in shared spaces, including hallways, restrooms and lobbies.



Clean your workspace!

Please use the disinfecting wipes or cleaning solution provided to clean your workspace before and after use. Wipe down all surfaces you come in contact with including your:

- ▶ desk / work surface
- ▶ keyboard
- ▶ mouse
- ▶ lab equipment
- ▶ cell phone
- ▶ any other items you touch



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You can make a difference!

Because there is currently **no vaccine to prevent** and no drugs to treat COVID-19, the best way to prevent illness is to avoid being exposed (or exposing others) to this virus.

Please follow the safety guidelines and avoid close contact (about six feet) with people, even if they don't appear sick. Some people without symptoms may be able to spread the coronavirus.

LET'S KEEP THE DCC COMMUNITY SAFE TOGETHER!

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Sanitize those hands!

You can contract COVID-19 by touching a surface or object that has the virus on it, and then by touching your mouth, nose or eyes. You can help protect yourself and help stop the spread by keeping your hands clean.



COVID-19 FACTS

Know the facts about coronavirus and help stop the spread of rumors.

WHAT YOU SHOULD KNOW

- COVID-19 is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- **COVID-19 symptoms can range from mild (or no symptoms) to severe illness.**

HOW COVID-19 IS SPREAD

- **You can become infected by coming into close contact** (about six feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from **respiratory droplets** when an infected person coughs, sneezes, or talks.
- You may also be able to get it **by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.**
- Recent studies have suggested that COVID-19 **may be spread by people who are not showing symptoms.**

PRACTICE SOCIAL DISTANCING

- When in public spaces, **stay at least six feet away from others** and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.

PROTECT YOURSELF AND OTHERS

- There is currently **no vaccine** to protect against COVID-19. The best way to protect yourself is to **avoid being exposed to the virus** that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- **Wear a cloth face covering** that covers your nose and mouth in public settings.
- **Clean and disinfect** frequently touched surfaces.
- **Wash your hands** often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

PREVENT THE SPREAD IF YOU ARE SICK

- **Stay home if you are sick**, except to get medical care.
- When possible, avoid public transportation, ride-sharing, or taxis.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.

KNOW YOUR RISK FOR SEVERE ILLNESS

- **Everyone is at risk** of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.