

PREVENTING THE SPREAD OF RESPIRATORY ILLNESS

People who have respiratory symptoms (fever, cough, sore throat, etc.) should *self-isolate* and get tested (e.g. flu, COVID, Mono, Strep).

Self-isolation means staying in a place with your own bedroom and bathroom that are not shared with anyone else, and you wear a mask when around others. Even when wearing a mask, encounters with others should be as brief as possible when unavoidable.

If you are diagnosed with a contagious, respiratory illness such as **Flu**, **COVID**, or **Mononucleosis** and are unable to fully separate yourself from others in your household (roommates, suitemates, and family with whom you live), you should take additional measures:

- Make sure everyone in your household knows you sick and what you have if diagnosed.
- You and those around you should wear a mask when in the same room until advised otherwise by a healthcare profession.
- Exposed members of your household who also have symptoms should get tested.

Members of your household who do not have symptoms can decrease their risk of exposure and possible infection by going to another location if you cannot. If they elect to go to another location, they should take precautions in accordance with current CDC guidelines for quarantine, such as wearing a mask around others and maintaining distance from others (e.g. 10 days from their last exposure for COVID).

Additional recommendations if sharing living space with someone who is sick:

- Use ventilating fans to increase air circulation in the room. Air purifiers may also be used.
- Clean and disinfect frequently touched surfaces and objects daily (e.g. tables, countertops, light switches, doorknobs, faucet and cabinet handles, smartphones, laptops, remote controls, etc.).
- If you share a bathroom, remember that sinks could be an infection source. Totes or caddies should be used for person items, so they don't touch the bathroom countertop. Bring your tote to your personal space rather than leaving it in a shared bathroom.
- Each person should use their own towels.
- If sharing the same sleeping space, arrange beds so that you have as much space between beds as possible. Consider sleeping facing away from one another or even sleeping in opposite directions (head to toe).
- If sharing foods or drinks, use separate serving dishes and utensils (e.g. rather than sticking your hand into a bag of chips, pour a portion into a bowl).
- If you touch shared surfaces or items, wash your hands thoroughly afterwards.
- Do not invite guests into your room until the isolation and quarantine periods have ended.

If you are on the campus meal plan, utilize the **Guest Meal To-Go Pass** for someone pick up your meals for you.

HOW DO I GET AN EXCUSE FOR CLASS IF I HAVE A POSITIVE HOME COVID TEST?

To get documentation for class if you test positive at home, you can request absence notification through the Dean of Students Office. Go to their website at <https://www.shsu.edu/dept/dean-of-students/> and click on the icon titled, "Absence Notification". This will take you to a form for you to fill out.



Sam Houston State University

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM

STUDENT HEALTH CENTER

936-294-1805 shc@shsu.edu

Guest Meal To-Go Pass

For use **ONLY** at: General's Market OR Old Main Market

*This form must be presented to the cashier **EACH** time a meal is being picked up.

Please provide a "to-go" box for a meal to be taken the following student who is ill:

Student's Name and SAM ID#: (of the student who the meal is for)

Name: _____

ID#: _____

Start Date (for meal pick up)

****This form is good for a maximum of 10 days from the start date.***
