



NAZARETH UNIVERSITY

Health & Counseling Services

4245 East Avenue

Rochester, NY 14618-3790

Phone (585) 389-2500

Fax (585) 389-2503

Health Instructions: Caring for a Respiratory Illness

Plan to recover in your ON or OFF campus housing for 3-5 days. You may continue to participate in online or virtual school activities and may engage with other students, instructors, or staff through phone conversations, online meetings, or other virtual/remote engagement, assuming you feel well enough to do so. You can even go to the dining hall to pick up meals, as long as you wear a facemask (N-95 or KN-95).

You may return to normal activities (classes, events) when you have been **fever-free for at least 24 hours (without over the counter medications like Tylenol or Ibuprofen) and your symptoms are generally improving**. You **do NOT need to retest** in order to resume normal activities. If you continue to have a fever, please continue to stay at home until your temperature is less than 100.4 degrees fahrenheit. Plan to **wear a mask for a full 10 days** after the date of symptom onset or positive test, regardless if you have symptoms or not.

If your symptoms are not resolving after 5-10 days (i.e. you still have a fever, you have shortness of breath, or your congestion/cough/aches/fatigue are not improving) please schedule an appointment at **Health and Counseling** by calling **585-389-2500** during regular business hours, or contact your at home PCP (primary care provider). You may also visit a local urgent care center. Tips on managing your symptoms and what to look out for can be found below.

Key Things to Know and Do:

- As has been the case in past semesters, our commitment to ensuring students in these situations are not academically penalized continues to apply. Instructors will work with students who are ill, to develop a plan for maintaining academic progress during their recovery, and with the Office of Academic Success & Accessibility for medical accommodation if a student is too sick to participate in class on a remote basis.
- Reach out directly to your instructors as soon as possible, including clinical/internship placement coordinators and supervisors, so they are aware of any individual needs regarding your coursework and/or participation in clinical placements, internships, rehearsals, or performances, etc. If you have any concerns, please contact the Academic Success & Accessibility at success@naz.edu.
- **It is your responsibility to contact your instructors to develop a plan for maintaining academic progress during your recovery.**
- If you are employed, please notify your place of work.
- Please notify all of your close contacts and let them know they should monitor for symptoms and take a COVID test **if they develop symptoms** of illness.
- Rapid COVID-19 tests are available for purchase at local pharmacies (eg. Wegmans, CVS, Walgreens, etc).



NAZARETH UNIVERSITY

Health & Counseling Services

4245 East Avenue

Rochester, NY 14618-3790

Phone (585) 389-2500

Fax (585) 389-2503

- Students with mild respiratory symptoms may schedule a telehealth visit with a nurse by visiting the [Naz Student Health Portal](#) and selecting *Cold Flu-Like Symptoms (mild)*. Once scheduled, they will receive a call from a nurse at the time of their visit.
- Students who are feeling severely ill and wish to be seen by a provider can visit the [Naz Student Health Portal](#) and select *Cold Flu-Like Symptoms (severe)*, or call **Health & Counseling 585-389-2500** during business hours.
- We recommend recovering at your off-campus or family residence if possible. However please do not recover at home with your family if you require travel on a train, plane, or there is anyone in your household who may be immunocompromised.
- Wear a medical-grade mask at all times when you are around others, and continue to do so for 10 days following symptom onset or 10 days from your positive test (if asymptomatic). After day 10, you no longer need to wear a mask as long as you are symptom free. KN95 masks are available at Campus Safety (bottom level of Shults).
- During your recovery, seek medical care if you develop new or worsening symptoms. During the weekday 585-389-2500, or you can visit a local [Urgent Care Center](#).
- **If you have a life-threatening concern during your isolation, and are on campus, please contact Campus Safety at 585-389-2850. If you are off campus, please dial 911.**

If You are an Athlete

- Athletes, if you experience mild cold symptoms during COVID-19 and your symptoms begin to improve, or you are asymptomatic, please let your athletic trainer know you would like to return to sports on day 6 from symptom onset. Your athletic trainer will provide you with a [COVID-19 Infection Symptom Screening](#) form to complete. Your athletic trainer will review your form with you and determine if you may return to play, or need a medical clearance exam first.
- Athletes should rest and not participate in any exercise during the initial 5 days after symptom onset or a positive test.
- Athletes with continued fever and symptoms after day 5 can begin progressive return to activity only after consultation with their Athletic Trainer.
- Athletes who are 10 days or more from their positive test, and have already returned to vigorous exercise on their own (running, biking for long periods, etc) may continue exercising at their current level (assuming they remain asymptomatic and tolerating exercise). However, they should self-monitor and report new or concerning symptoms (dizziness, difficulty breathing, and/or chest pain), and report any new symptoms to their Athletic Trainer.
- The specifics of the return-to-play protocol will be overseen by the Assistant Director of Athletics/ Head Athletic Trainer, and based on guidelines from NCAA, the American Academy of Sports Medicine, and other professionally related organizations.



NAZARETH UNIVERSITY

Health & Counseling Services

4245 East Avenue

Rochester, NY 14618-3790

Phone (585) 389-2500

Fax (585) 389-2503

Medical Appointments

- It is understood that the staff at Health and Counseling strives to provide comprehensive, compassionate, and timely care to every Nazareth student.
- We ask that students not email medical providers directly to request appointments, medication refills or to obtain medical information. Please visit the [Naz Student Health Portal](#) to schedule an appointment or message your provider directly about medication or medical concerns. You may also call [585-389-2500](tel:585-389-2500).
- We understand there are times when a student must miss an appointment due to an emergency or other commitment. However, when a patient "no shows" or arrives late for an appointment, clinic flow is disrupted, which negatively impacts other patients, providers, and our staff.
- Students should arrive for their scheduled appointment at the appointment arrival time, or notify Health and Counseling at least 24 hours in advance of a scheduled appointment if they cannot keep their appointment.
- Arriving more than 15 minutes after their appointment time may result in the appointment being rescheduled to another day.

Activities During Recovery

- Avoid activities and interactions with other persons residing outside your recovery space until you have completed the recommended recovery time frame.
- Do not host social gatherings.
- During your recovery, stay at home and do not visit public places **without a KN-95 mask** such as residence halls, libraries, Shults, academic buildings, dining halls, grocery stores, movie theaters, malls, restaurants (including fast food or curbside pick-up) , houses of worship etc
- Avoid using public transportation (bus, train, plane)
- Take walks outside everyday. This is encouraged.
- If possible, arrange with friends or family members for the delivery of necessary items to your recovery space, including food, clothing and supplies.
- Postpone all non-urgent appointments, such as routine medical appointments, dental appointments, hair appointments, etc

Safe practices

- Wear a KN-95 mask any time you around around others and/or in common living areas (ie: the living room or kitchen)
- Wash your hands regularly after blowing your nose, handling dirty dishes, and after using the bathroom.
- Wipe down high-touch surfaces with disinfecting wipes after using the kitchen and bathroom (sink handles, door knobs, toilet handle).



NAZARETH UNIVERSITY

Health & Counseling Services

4245 East Avenue

Rochester, NY 14618-3790

Phone (585) 389-2500

Fax (585) 389-2503

- Keep a bottle of hand sanitizer available, and have everyone use the sanitizer after using the bathroom.
- Cover your nose and mouth with disposable tissue when coughing or sneezing, and immediately throw it away after use and wash your hands.
- Household waste, including paper masks and disposable tissues soiled with respiratory secretions or other bodily fluids should be disposed of as normal household waste
- Wash hands with soap and warm water for at least 20 seconds after all contact with respiratory secretions from coughing, sneezing, and all other bodily fluids. Educate and encourage other members of the household to do the same.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Do not share drinks, dishes, cups, eating utensils, towels, bedding with other people in your room, and regularly wash these items as much as possible.
- Environmental surfaces (countertops, tables, sinks, doorknobs, bathroom fixtures, phones, keyboards, tables etc) in the kitchen, bathroom and bedroom must be cleaned and disinfected with a household disinfectant, such as household bleach or Lysol, at least daily and when soiled with respiratory secretions and other bodily fluids.
- Avoid kissing or other intimate activities with others until you have completed your recovery.

Medical care/Compliance

- People who don't think they are very sick could end up spreading disease to others who are far more likely to develop severe symptoms, like friends, family, campus community members who are unvaccinated and/or have respiratory disease (asthma), heart disease, autoimmune conditions, or those with a compromised immune system from a recent illness or the use of immunosuppressive medications (eg. Humira, Methotrexate, chemotherapeutics, and daily steroids)
- Symptoms of respiratory illness (COVID, RSV, and Flu) may include fever, fatigue, dizziness, nasal congestion, cough, difficulty breathing, wheezing, sore throat, loss of taste or smell, nausea, diarrhea, and body aches. The severity of symptoms can vary in everyone depending on variant, vaccination status, age and overall health. Pay close attention to how you feel. Most often, those who've been vaccinated and have healthy immune systems will experience mild to moderate symptoms, lasting just a few days, and be easily treated with over-the-counter medications.
- Monitor your temperature daily to make sure your fever is resolving and reducing after taking medication. Typically your temperature is highest between 4-7 pm in the evening.
- Mild symptoms typically do not require medical care, and will generally pass with proper supportive care. If your symptoms worsen, call Health and Counseling for guidance, or seek medical attention at an [Urgent Care Center](#).
- Stay hydrated by consuming at least 64 oz of clear fluids daily such as water, juice, lemonade, sports drinks, clear broth, lemon water with honey, tea with honey. Avoid alcohol, coffee and caffeinated beverages as these can make dehydration worse.



NAZARETH UNIVERSITY

Health & Counseling Services

4245 East Avenue

Rochester, NY 14618-3790

Phone (585) 389-2500

Fax (585) 389-2503

- Rest. Your body needs you to rest so it has energy to focus on fighting infection to promote healing.
- Consume/sip warm or cool beverages, whichever feels good to you.
- Soft foods such as rice, yogurt, oatmeal, soups, soft pasta, scrambled eggs, smoothies, ice cream, popsicles, jello etc. may be easier to swallow if you have a sore throat.
- Soothe your throat with sore throat lozenges with menthol or honey. You can also try sore throat lozenges that contain the ingredient benzocaine, which is a numbing agent. Be aware that they will also make other parts of your mouth feel numb in addition to your throat.
- Warm salt water gargles: 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water gargle and spit. Do not swallow. This can temporarily relieve a sore or scratchy throat
- Humidify the air. Use a cool-mist humidifier to eliminate dry air that may further irritate a sore throat, being sure to clean the humidifier regularly so it doesn't grow mold or bacteria. Or, sit for several minutes in a steamy bathroom.
- You may take Advil/Motrin (ibuprofen) 400-600 mg with food as needed every 6-8 hours. DO NOT exceed 2,400 mg in a 24 hour period.
- You may take Tylenol (acetaminophen) 1,000 mg every 4 hours as needed. DO NOT exceed more than 4 doses or 4,000 mg in a 24 hour period. It is not recommended to consume alcoholic beverages when taking Tylenol.
- You may alternate taking Tylenol (acetaminophen) with Advil/Motrin (ibuprofen) every 2-3 hours for break through fever or body aches. (ex Tylenol 1,000 mg at 8 am ibuprofen 600 mg at 12 pm and Tylenol 1,000 mg at 12pm ibuprofen 600 mg at 6 pm and so on, as needed without exceeding daily maximums).

Emergent Signs and Symptoms

- If you develop any of the following symptoms, call Campus Safety immediately at [585-389-2850](tel:585-389-2850). If you are recovering off-campus, call 911.
 - a. Confusion
 - b. Dizziness or gait instability
 - c. Severe headache
 - d. Fever greater than 103 degrees that does not reduce with Tylenol or Ibuprofen.
 - e. Vision changes
 - f. Bluish lips
 - g. Chest pain.
 - h. Sudden shortness of breath/difficulty breathing
 - i. Sudden rash



NAZARETH UNIVERSITY

Health & Counseling Services

4245 East Avenue

Rochester, NY 14618-3790

Phone (585) 389-2500

Fax (585) 389-2503

Recommended Supplies to Have on Hand:

- Disposable tissues
- Hand sanitizer (at least 60% alcohol)
- Fluids such as tea, water, packets of Gatorade, packets of Ramen noodles or chicken soup and juice
- A disposable or digital thermometer
- Salt for salt water gargling for a sore throat
- Honey – alone or mixed in tea for sore throat and coughs
- Acetaminophen (Paracetamol, Tylenol) for fever and aches. Follow dosing guidelines carefully to avoid excessive amounts
- Ibuprofen (Advil, Motrin) for inflammation, fever, aches and pains. Follow dosing guidelines carefully and take with food.
- Five day supply of any daily medications

Important Contact Information:

- Health & Counseling (M-F, 9am-4:30pm)
- Office of Student Success: oss@naz.edu
- Residential Life: [585-389-2480](tel:585-389-2480) or reslife@naz.edu
- Campus Safety: [585-389-2850](tel:585-389-2850)
- Office of Student Accessibilities: SASOffice@naz.edu
- Off Campus Emergency: 911

Advice from Students who have been in recovery from COVID-19:

- Try to go for a walk every day/other day or so just to get fresh air/activity.”
- “FaceTime friends and family, have them deliver comfort food to your doorstep, and try your best to get outside, even if it is just to stand or sit outside for a little bit.”
- “Ask classmates for notes/advice on what you learned while you were gone”
- “Take it one day at a time, it goes by more quickly than you’d think.”
- “Your professors are there to support you. You can attend most of your classes over Zoom as if you are there in person.”
- “The staff in Health and Counseling are great at answering your questions- be sure to reach out when needed!”

Getting vaccinated/boosted after having COVID-19

- Reinfection with COVID-19 does occur. This is why CDC has always recommended that patients with a history of COVID-19 get vaccinated (or boosted when eligible) after clinical recovery. Natural immunity



NAZARETH UNIVERSITY

Health & Counseling Services

4245 East Avenue

Rochester, NY 14618-3790

Phone (585) 389-2500

Fax (585) 389-2503

from COVID-19 is variable from person to person. Some medical experts have shown that asymptomatic/mild infections do not generate the robust immune response of those who experienced a severe infection. It is therefore difficult to predict an individual's duration of natural immunity, which some studies mention may last 1-6 months

- Please be sure to logon to the Naz Health Portal to enter the date(s) of your vaccine(s)/booster AND upload a copy of your CDC vaccine card(s).