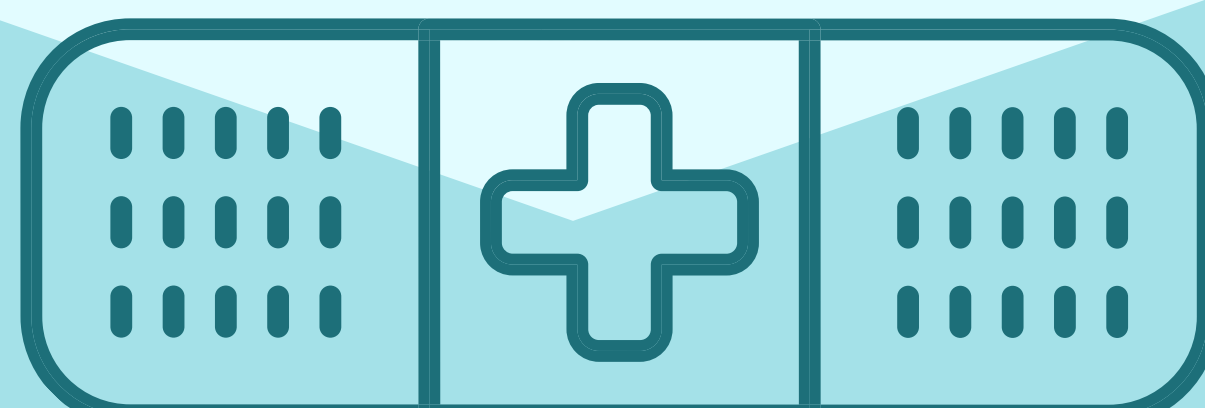


Know the symptoms of COVID-19

**THE FOLLOWING SYMPTOMS MAY
APPEAR 2-14 DAYS AFTER
EXPOSURE:**

FEVER OR CHILLS
COUGH
SHORTNESS OF BREATH
FATIGUE
MUSCLE OR BODY ACHES
HEADACHE
NEW LOSS OF TASTE OR SMELL
SORE THROAT
CONGESTION OR RUNNY NOSE
NAUSEA OR VOMITING
DIARRHEA



Keep the Earth Clean!

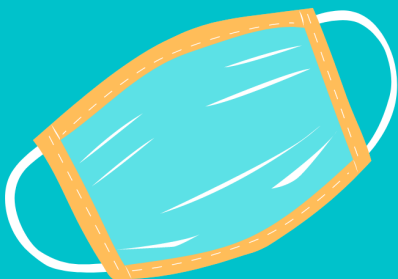
Improperly discarded masks and gloves are a hazard to the environment



Masks have a
450 year lifespan



There may be more
masks than jellyfish
soon in the
Mediterranean



Dolphins can mistake
them for food

Kassam, A. (2020, June 08). 'More masks than jellyfish': Coronavirus waste ends up in ocean <https://www.theguardian.com/environment/2020/jun/08/more-masks-than-jellyfish-coronavirus-waste-ends-up-in-ocean>

Handwashing 101

#StopTheSpread

Proper hygiene stops the spread of the virus.

Source:

World Health Organization

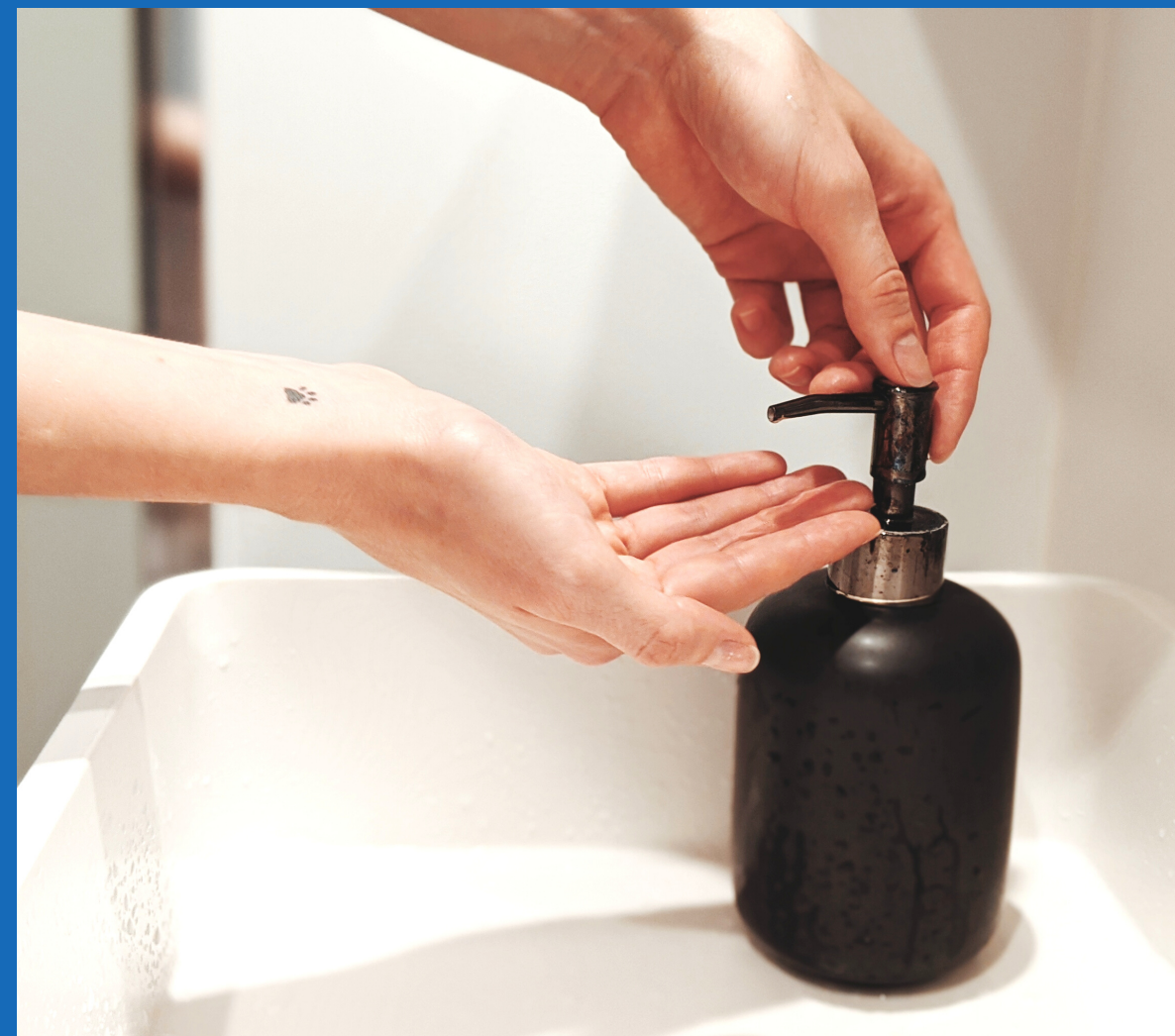
01

Wet your hands before applying soap.



02

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.



03

Wash your hands for at least 20 seconds.



04

Wipe your hands with a clean towel or paper towel and avoid rubbing too vigorously.





Know the COVID-19 SYMPTOMS

The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of Breath

Seek medical advice if:

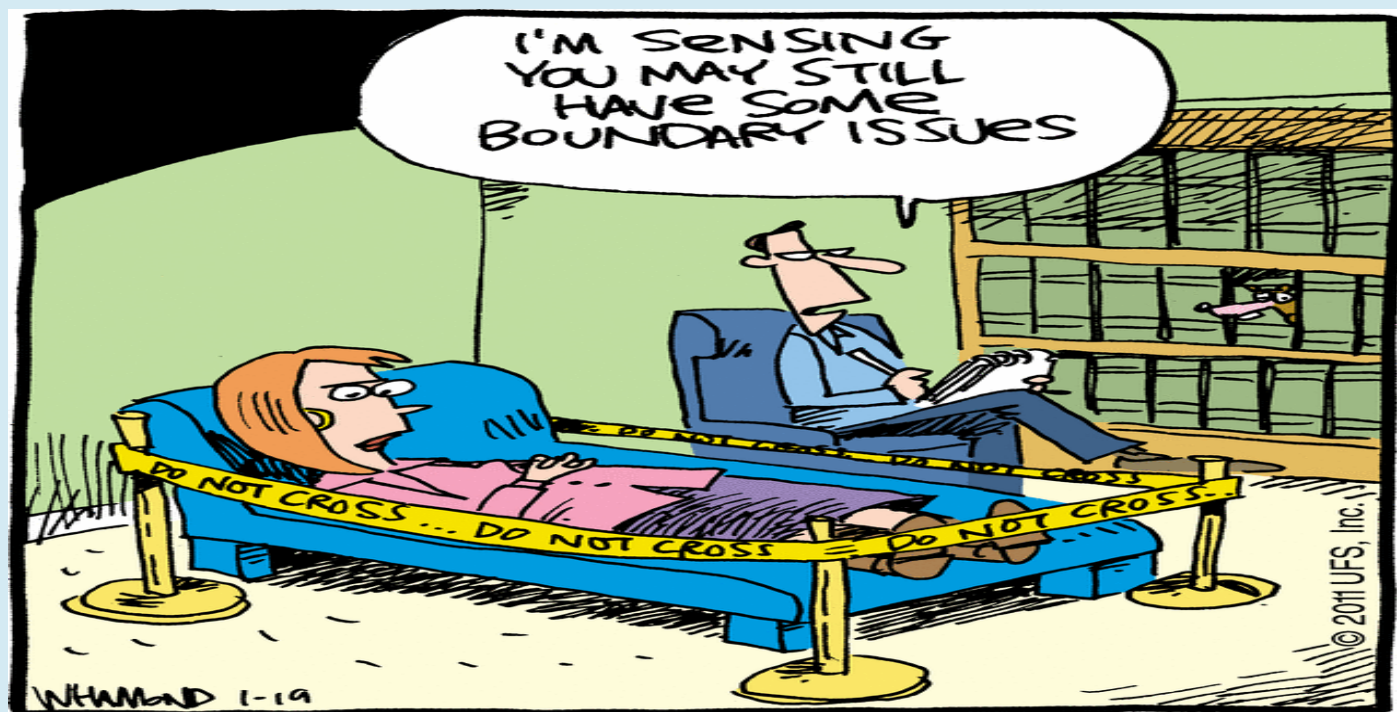
- You develop worsening symptoms
- You have been in close contact with a person known to have COVID-19
- You live in or have recently been in an area with ongoing spread of COVID-19

FOR MORE INFORMATION, VISIT [CDC.GOV](https://www.cdc.gov)



A COVID-19 MASK CAN STOP THE SPREAD OF THE VIRUS, BUT IT CAN ALSO HIDE A FROWNING FACE.

HERKIMER STUDENTS HEALTH IS A GENERAL CONCERN.



SPEAK UP. WE ARE HERE TO LISTEN.

Social distance – Personal counseling

If you are experiencing suicidal thoughts or know of another Herkimer College student who is, contact one of the following as soon as possible: Campus Safety: 911, Local police department, if living off campus: 911
National Suicide Prevention Lifeline: 1 (800) 273-TALK (8255)
The Counseling Center (8 a.m. to 4 p.m.): (315) 866-0300 x8284
Mobile Crisis Assessment Team (MCAT): (315) 732-MCAT (6228) -- they are available 24 hours a day, 7 days a week
Don't take your mental health for granted. It is just as important to attend to your mental health as it is to your physical health. Check out our Resources Page for helpful information on wellness and self-care.

COUNSELING CENTER

(315) 574-4034

EMAIL

counseling@herkimer.edu





COVID-19

SOME TIPS

Social Distancing should be done by being 6 feet apart.

Wearing Your Mask should be done in all public places.

Frequently Using Hand Sanitizer should be done to limit the spread of the virus.

#HERKstrong

PROTECT YOUR FELLOW GENERALS

**WASH YOUR HANDS
BEFORE PUTTING
YOUR MASK ON.
WEAR YOUR MASK
OVER YOUR NOSE.
MAKE SURE THE
MASK FITS AROUND
THE SIDES OF YOUR
FACE AND CHIN.**



SOURCE: "HOW TO SAFELY WEAR AND TAKE OFF A CLOTH FACE COVERING." CENTERS FOR DISEASE CONTROL AND PREVENTION, CENTERS FOR DISEASE CONTROL AND PREVENTION,
[WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/HOW-TO-WEAR-CLOTH-FACE-COVERINGS.HTML](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html)

Wash Your Hands the Right Way



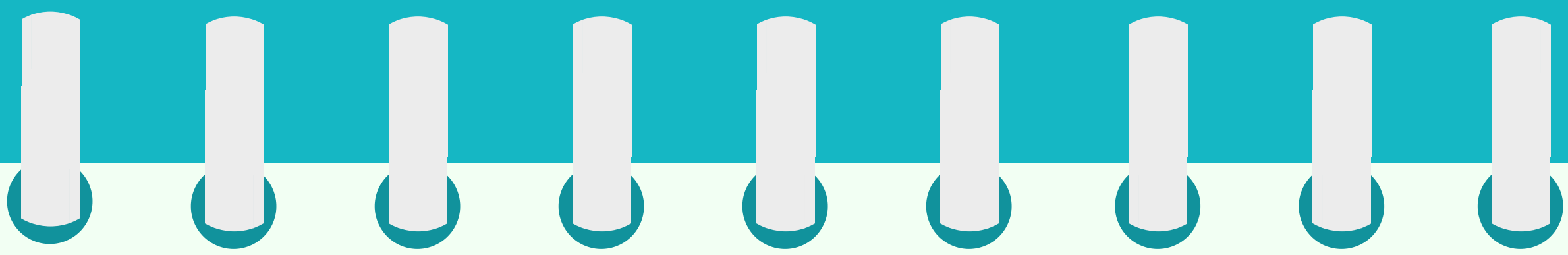
WET YOUR HANDS WITH CLEAN, RUNNING WATER, TURN OFF THE TAP, AND APPLY SOAP.

LATHER YOUR HANDS BY RUBBING THEM TOGETHER WITH THE SOAP. LATHER THE BACKS OF YOUR HANDS, BETWEEN YOUR FINGERS, AND UNDER YOUR NAILS.

SCRUB YOUR HANDS FOR AT LEAST 20 SECONDS.

RINSE YOUR HANDS WELL UNDER CLEAN, RUNNING WATER.

DRY YOUR HANDS USING A CLEAN TOWEL OR AIR DRY THEM.



MENTAL HEALTH

is just as

important as

PHYSICAL HEALTH

Keep an eye on your friends.
Burnout among front-line
workers and feelings of stress
and anxiety are on the rise.
Let someone know if you or a
friend are struggling.



Source: Nirmita Panchal, "The Implications of COVID-19 for Mental Health and Substance Use." 21 Aug. 2020, www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/.

COVID-19: Do's and Don'ts at Herkimer



**wash your hands
with water and
soap frequently**



**cough & sneeze
in your elbow**



**use tissues once
& dispose in
closed bins**



**leave the middle
seat free to keep
distance**



**wear
your
mask**

**do not shake
hands or give
hugs**



**do not touch
mouth, nose,
or eyes**



**avoid touching
surfaces**



**avoid crowded
spaces**



**if ill,
stay home**



Herkimer™

THE STATE UNIVERSITY OF NEW YORK

WEAR YOUR MASK



The Importance of Wearing a Mask While Playing Sports

- Wearing masks in a close environment can be effective in reducing the spread of Covid-19
- Wearing a mask causes less perspiration and sweat droplets which is safer for everyone
- Most important thing about a mask is the proper fit. The nose and mouth should be covered consistently
- You breathe heavier when you exercise causing you to project more air and sweat which can spread the virus easily, if you have it

Source: Under Armour Newsroom: Q&A: Wearing A Face Mask While Training: LifeBridge Health's Chief of Innovation Gives Advice to Athletes Returning to Workouts: 6/11/2020, Retrieved 11/10/2020: <https://about.underarmour.com/news/2020/06/expert-advice-wearing-face-mask-while-working-out#>!

Tips for Supporting Children During the Corona Virus Crisis

- ✓ Listen to and acknowledge their worries.
- ✓ Remind them that you are doing whatever you can to keep them safe.
- ✓ Maintain structure and a routine at home.
- ✓ Avoid watching news in front of them.
- ✓ Support creative outdoor activities.
- ✓ Encourage an open discussion.
- ✓ Explain what is happening in kid-friendly terms.
- ✓ Remember they are watching us! Our behaviors and feelings mold and form theirs.
- ✓ Create a "do it yourself" mask!
- ✓ Bake "germ" cookies and promote the conversation.



<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html>

HAPPY

FRIENDSGIVING



**We are thankful for
your cooperation on
and off campus
throughout these
trying times!**

**Remember your
health and safety is
our priority.**

S L O W T H E S P R E A D |

H E R K I M E R H E A L T H Y |

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>





EDUCATING YOURSELF ON COVID-19

**JOHNS HOPKINS UNIVERSITY HAS FIVE FREE LEARNING
MODULES DISCUSSING MULTIPLE ASPECTS OF
COVID-19.**

**1. VIROLOGY,
CORONAVIRUSES,
AND COVID-19**

**2. DIAGNOSING,
TREATING, AND
PREVENTING
COVID-19**

**4. EPIDEMIOLOGY:
UNDERSTANDING
THE SPREAD OF
COVID-19**

**3. MEDICAL
THERAPIES AND
VACCINES IN
DEVELOPMENT**

**5. PUBLIC
HEALTH
RESPONSES TO
COVID-19**

**SOURCE: "UNDERSTANDING THE COVID-19 PANDEMIC - JOHNS HOPKINS."
JOHNS HOPKINS CORONAVIRUS RESOURCE CENTER, 2020,
[CORONAVIRUS.JHU.EDU/COVID-19-BASICS/UNDERSTANDING-COVID-19](https://coronavirus.jhu.edu/covid-19-basics/understanding-covid-19).**

Resources

*Crisis Textline
Text TALK
to 741741*

*Physician
Support Line
Call 1-888-409-0141*

*Disaster Distress
Helpline (SAMHSA)
Call 1-800-985-5990
or text TalkWithUs to
66746*

*National Suicide
Prevention Lifeline
Call 800-273-8255
or Chat with
Lifeline*

*“APA Coronavirus
Resources.” COVID-19
/ Coronavirus Resources,
www.psychiatry.org/psychiatrists/covid-19-coronavirus.*