



COVID-19

The Basics

Bergen Community College
Student Health Services
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Objectives:

- What is Covid-19
- How it spreads
- How to test
- What to do if you have symptoms
- Things you can control
- Next Steps

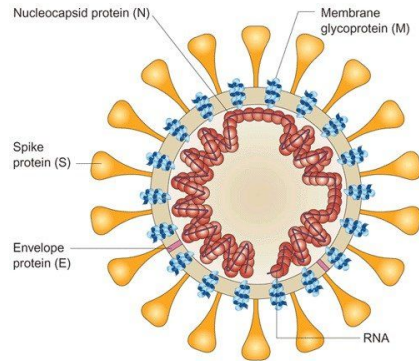
**WHAT ARE WE
GOING TO TALK
ABOUT?**

What is Sars-CoV2 aka as the Coronavirus, aka Covid-19?

It is a virus not a bacteria

Antibiotics can not cure it.

Covid-19 is a new coronavirus that has not been previously identified.



How does it spread?

- Person to Person
- Respiratory Droplets
 - Coughs
 - Sneezes
 - Touching contaminated surfaces



Symptoms of Covid-19

- **Serious symptoms that may appear:**
 - Cough
 - Shortness of breath or difficulty of breathing
- **Other symptoms include but are not limited to:**
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste and smell

Symptoms of CORONAVIRUS (COVID-19)



Fever



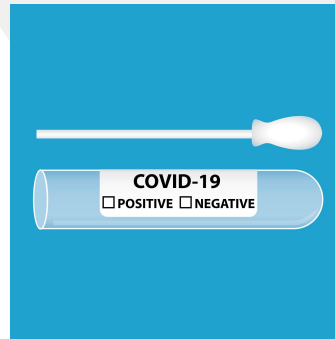
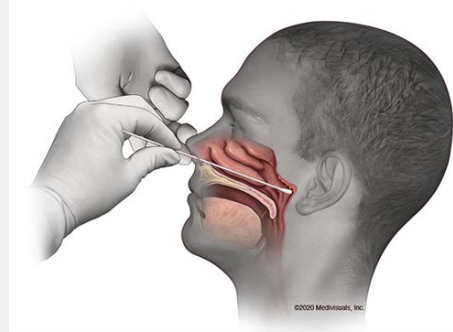
Shortness of breath



Cough

How do I test for Covid-19?

- Nasal Swabs
- Saliva Test



Where can I get tested?

- Start with your primary care provider
- FEMA sites
- Urgent Care Centers
- Pharmacy sites
- If you do not have insurance - contact your county operated site, state or local public health departments





Things we can control

Handwashing

- Critically important to reducing the spread of contagious material
- Scrub hands and lather with soap for 20 seconds
- Avoid touching face, eyes, mouth with dirty hand
- Keep nails short, avoid acrylic nails
- Discourage jewelry wearing



Face Coverings

It is recommended to help:

- Reduce spread respiratory droplets
- Reduce spread from all individuals including asymptomatic carriers

New Jersey mandated the use of a face covering while:

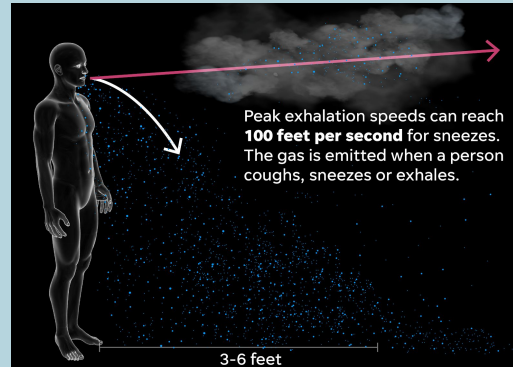
- Shopping
- Entering a restaurant/bar to pick up takeout orders
- Traveling on public transportation.



Social Distancing

CDC recommends:

- 6 feet (about 2 arm's length)
 - between individuals is the absolute minimum to reduce the transmission of tiny respiratory droplets that emit from coughs, sneezes, or simply talking.
- Stay out of crowded places and avoid mass gatherings



What I Do If I Get Sick?

- **Isolate Yourself**
- Stay home except to get medical care
- Call your primary care provider or health services to discuss your symptoms.
- Discuss your length of self isolation and of your close contacts
-
- Contact your teachers and advisors

What Is Expected of You?

- Screening Questionnaire Prior to Entering Campus
- Masks
- Social Distancing
- Hand washing



References

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<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_Instructions_Persons_Who_Test_Positive.pdf

<https://www.cnbc.com/2019/11/03/90percent-of-employees-say-they-come-to-work-sickheres-how-to-fix-that.html>

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<https://www.weforum.org/agenda/2020/05/covid-19-what-is-the-r-number/>

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<https://www.pixel.labcorp.com/at-home-test-kits/covid-19-test>

<https://www.nj.gov/health/> (Helpful Resource)

<https://covid19.nj.gov/> (Helpful Resource)

<https://www.who.int/> (Helpful Resource)

<https://www.cdc.gov/> (Helpful Resource)

<https://www.fda.gov/home> (Helpful Resource)

<https://www.nih.gov/> (Helpful Resource)

<https://www.nj.gov/labor/> (Helpful Resource)

Compliance:

- A Physical done by your PC this past year
- A two Step PPD or a Quantifieron
- Blood titers for Measles, Mumps, Rubella, Varicella, and Hepatitis B (Please note any negative titers will require revaccination except for Hepatitis B) (copy of labs is needed)
- Tdap vaccine (within the last 10 years)
- A copy of your health insurance card
- Drug Screen
- Flu Vaccine (DUE Oct 1st)

How to Reach Bergen Health Services

healthservices@bergen.edu

or

201-447-9257

Monday - Friday

8:30am - 6pm

