



Coronavirus (COVID-19) is a respiratory illness that can easily spread from person to person.

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During this time of the coronavirus pandemic, everyone should be self-monitoring, practicing good hygiene, and practicing social distancing.

## Self-Monitoring

- Take your temperature with a thermometer twice a day and watch for symptoms such as: fever (100°F/38°C or higher), cough, shortness of breath, fatigue, muscle aches, nausea/vomiting, diarrhea, loss of smell or taste
- If you develop mild symptoms, call your primary care provider's office or the Campus Health Center at 313-577-5041. If your symptoms are severe, call 911 or go to the emergency room right away.
- During this call, tell your provider about your current symptoms, travel or exposure to the coronavirus.
- Avoid nonessential travel. Wear face covering over your nose and mouth in public spaces.
- Social distancing: Maintain a distance of 6 feet away from anyone not in your household.
- Wash hands with soap and water for 20 seconds or use hand sanitizer when soap is not available.
- Take the Campus Daily Screener every day and follow instructions from CHC staff if you are unable to pass the screener.

For more information on monitoring your health, visit: [www.cdc.gov/COVIDtravel](http://www.cdc.gov/COVIDtravel)

For details specific to WSU, visit: [wayne.edu/coronavirus](http://wayne.edu/coronavirus)



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