

Here is the weekly update from Student Health Services.

Stay informed about COVID-19:

Many Statewide agencies, including our local Public Health Department continue to coordinate response preparations and efforts across California for community transmissions of COVID-19. Our San Diego Public Health Officials anticipates there may be recommend specific actions in the near future for potential closures and/or quarantines. Up-to-date information can be found at the following websites:

[Miramar Health Services – Covid-19 Updates](#)
[California Department of Public Health](#)
[San Diego County Health](#)
[Centers for Disease Control and Prevention](#)

Tips from the Nursing Staff at Student Health Services.

❖ **What to Do if You Think You're Sick:**

Call ahead: If you are experiencing symptoms of COVID-19 and may have had contact with a person with COVID-19 or recently traveled to countries with apparent community spread, call your health care provider or local public health department first before seeking medical care so that appropriate precautions can be taken.

- ❖ For any virus, recommended treatments include **REST and an INCREASE in the INTAKE OF FLUIDS**. It is also recommended that you stay home, so make sure you have a stock of easy to prepare comfort foods such as broths, soups, teas and sport drinks with electrolytes.
- ❖ As always, seek emergency care if you develop shortness of breath or a severe fever.
- ❖ Free flu shots are available in K2102 Student Health Services. Influenza can be a heavy drain on emergency services and to lessen this impact during the COVID-19 epidemic the CDC recommends we continue to offer this immunization.
- ❖ Know there is FREE mental health counseling services available for students in the Student Health Center.

Link of the Week

Emergency Plans:

Planning for the potential outbreak of Covid-19 should remind us that every household should have an “emergency” plan for quick action in any type of emergency. Remember, you don’t have to reinvent the wheel as you should already have a plan in place for the threat of potential fires and/or earthquake. [See this link from the CDC on how to Create a Household Plan.](#)

