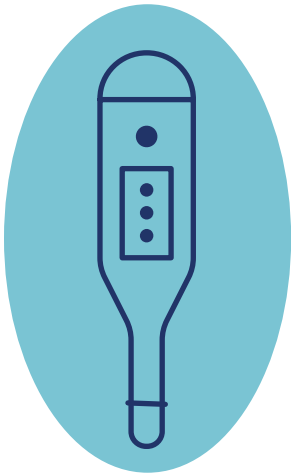


# Tips for Students Attending Class or Campus Activities

06/20

## TAKE YOUR DAILY TEMPERATURE DAILY



### At Home

- To get an accurate temperature:
  - wait 30 minutes after eating, drinking, or exercising.
  - wait at least 6 hours after taking medicines that can lower your temperature, like: acetaminophen (also called paracetamol), ibuprofen, or aspirin.
- Clean your thermometer with soap and water and dry it well after every use.
- If your temperature is 100°F/38°C or higher, you have a fever and should not attend classes or campus activities. Contact your primary care provider or Health Services 608-796-3806 for guidance.

### On Campus

- If you do not have a thermometer at home or want to check your temperature during the day, visit a thermometer check point. Locations can be found on the Health Services website.

## STAY WELL

- Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, use the inside of your elbow. Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds.
- Keep your distance from others (about six feet).
- Avoid using other peoples' phones, desks, offices, or other work tools and equipment, when possible. If necessary, clean and disinfect them before and after use.
- Clean and disinfect frequently touched objects and surfaces such as workstations, keyboards, telephones, handrails, and doorknobs. Dirty surfaces can be cleaned with soap and water prior to disinfection.

