

INFORMATION FOR INDIVIDUALS DENIED ACCESS TO SCHOOL OF DENTISTRY DUE TO COVID SCREENING

Your current illness may be due to a community-acquired respiratory virus. Unlike a hospital, the school of dentistry is unable to provide care for individuals who are sick and/or at risk of having COVID-19. Because of concerns surrounding the coronavirus that causes COVID-19, we request that you take extra precautions to prevent your illness from spreading in case you do have a mild case of the COVID-19 virus.

Prescriptions for medications cannot be given to individuals that are not already Active Dental School patients of record.

For individuals with swelling, please seek treatment at any hospital emergency department.

For individuals that do **NOT** have swelling and have pain your pain can be managed by over the counter medications.

- Tylenol and Advil (ibuprofen) can be rotated safely throughout the day. If you have a condition which does not allow you to take Tylenol or Advil, please contact your physician to ask about a specific pain regimen for you.
- Tylenol can be taken up to 2 tablets (500mg each) every 6 hrs. Do not exceed 8 tablets per day.
- Advil can be taken up to 3 tablets (200mg each) tabs every 6 hrs. Do not exceed 12 tablets per day.
- Tylenol and Advil can be rotated between. i.e. Tylenol can be taken at 12am, 6am, 12pm, 6pm. Advil can be taken at 3am, 9am, 3pm, 9pm. This allows for pain medication to be taken every 3 hrs.

PREVENTION STEPS FOR THOSE WHO ARE SICK AND/OR AT RISK OF COVID-19

If you have a fever and difficulty breathing seek medical attention at a hospital emergency room. Stay home except to get medical care.

- Restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride sharing, or taxis.
- If you have a doctor's appointment, call ahead and let them know you are suffering from a possible respiratory infection. Non-urgent visits may need to be rescheduled.
- If there is someone who is not currently sick who can help you, ask for their assistance with day-to-day errands, picking up food or groceries, and going to the pharmacy for medications.

As much as possible, avoid persons who are at high risk of developing severe infections, including elderly people, those who have weak immune systems, and those who have chronic health conditions such as diabetes or chronic heart or lung or kidney problems.

Take measures to prevent spread of infection at home

- **Separate yourself from other people in your home**
- As much as possible, you should stay in a separate room and away from others in your home. Use a separate bathroom, if available
- Do not share dishes, eating utensils, towels, or bedding with others. After using these items, they should be washed thoroughly with soap and water.
- If you usually care for people at home, ask for help from others who are not currently sick. If you must continue to care for people at home, wash your hands frequently and wear a facemask if available.

Clean your hands and cover your coughs and sneezes

- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water or use an alcohol-based hand sanitizer. Soap and water are better than hand sanitizer if your hands are visibly dirty.
- Wear a facemask if you are coughing and need to be around other people. If you are unable to wear a facemask, the people in your household should not stay in the same room with you, or they should wear a facemask when entering your room.
- **Place used disposable facemasks and other contaminated items in a lined container before disposing with other household waste. Wash your hands immediately after handling these items.**

Clean “high-touch” surfaces at least daily

- High-touch surfaces are surfaces that are frequently touched, such as doorknobs, bathroom fixtures, toilets, phones, and tablets. Use soap and hot water or if available, a household cleaning spray or wipe according to instructions on the label.
- Some approved disinfectants against coronavirus include:
 - Clorox Multi Surface Cleaner + Bleach
 - Clorox Disinfecting Wipes
 - Clorox Commercial Solutions® Clorox® Disinfecting Spray
 - Lysol brand Heavy-Duty Cleaner Disinfectant Concentrate
 - Lysol Disinfectant Max Cover Mist
 - Lysol brand Clean & Fresh Multi-Surface Cleaner
 - Purell Professional Surface Disinfectant Wipes
 - Sani-Prime Germicidal Spray

*****WARNING: Do not ever mix disinfectants together! Mixing bleach and ammonia can result in the production of a gas which is very dangerous to breathe in.

If possible, allow shared spaces in the home to have good air flow through an open window or A/C unit

Monitor your symptoms

- If your symptoms are getting worse (trouble breathing, pain in chest) and you need medical attention, call ahead to notify the healthcare provider or medical facility that you may have a respiratory infection. If you have been tested for COVID-19, ask your healthcare provider to call the local health department.
- If you have a medical emergency and need to call 911, notify the dispatch operator that you may have a respiratory infection. If possible, put on a facemask before emergency medical services arrive.

More information is available at the CDC website:

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