












Covid & Flu Guidelines

It is the time of year—cold, flu, and COVID season. Since schools and colleges are back in session, the number of people with these will increase.

COVID-19 Symptoms in Comparison to the Flu and the Common Cold

Symptoms	Coronavirus	Cold	Flu
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common (usually dry)	Mild	Common (usually dry)
 Sneezing	No	Common	No
 Aches and Pains	Sometimes	Common	Common
 Runny or Stuffy Nose	Rare	Common	Sometimes
 Sore Throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for Children
 Headaches	Sometimes	Rare	Common
 Shortness of Breath	Sometimes	No	No
 Loss of Taste/Smell	Common	Sometimes	Sometimes

What to do if you get sick:

If you have flu or COVID symptoms, stay home and away from others (including people you live with who are not sick).

- You can go back to your normal activities when, for at least 24 hours, both are true:
 - Your symptoms are getting better overall, **and**
 - You have not had a fever (and are not using fever-reducing medication).
- Follow up with your healthcare provider as needed.
- When you return to your normal activities, take added precautions over the next five days, such as using additional hygiene products such as hand sanitizer and masks and physically distancing yourself when you are around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.
 - Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.
 - If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then, take added precautions for the next 5 days.
- Students, please get in touch with your instructors if you are sick about your classes.
- Faculty and staff, please contact your supervisor if you are sick and must miss work.
- SAU Tech will follow the absence policies for students, faculty, and staff.

<https://www.cdc.gov/flu/treatment/takingcare.htm>

<https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>