

# COVID Information

## Definitions:

- **Quarantine** is for people or groups who **don't** currently have symptoms but were exposed to the disease either through traveling to the following locations or through contact with a positive COVID-19 case.
- **Isolation** is for people who are **already sick** with the disease.

## FAQ's:













- Do my symptoms match COVID-19, or is it something else? [Click Here](#)
- Coronavirus Self-Checker, should I get tested for COVID-19? [Click Here](#)
- What are the differences between social distancing, quarantine, and isolation? [Click Here](#)
- I have traveled recently. Is a travel-related quarantine recommended? [Click Here](#)
- What should I do if I am in quarantine for exposure to a case? [Click Here](#)
- How do doctors and healthcare professionals determine if I need to be in home-isolation? [Click Here](#)
- When are cases and contacts released from isolation and quarantine? [Click Here](#)
- If a student tests positive, will the instructors in all of the classes the student has attended be notified and will the instructors need to help notify students? [Click Here](#)
- If there's any additional questions or concerns, please contact College Health Services
  - College Health Services - Phone: (316) 322-3371 or Email: [collegehealth@butlercc.edu](mailto:collegehealth@butlercc.edu)

Do my symptoms match COVID-19, or is it something else?



# COVID-19

## CORONAVIRUS vs. COLD vs. FLU vs. ALLERGIES

SYMPTOMS	COVID-19*	COLD	FLU	ALLERGIES
 <b>Fever</b>	<b>Common</b> (measured at 100 F or higher)	<b>Rare</b>	<b>High (100-102 F), can last 3-4 days</b>	<b>No</b>
 <b>Headache</b>	<b>Sometimes</b>	<b>Rare</b>	<b>Intense</b>	<b>Sometimes</b>
 <b>General aches, pains</b>	<b>Sometimes</b>	<b>Slight</b>	<b>Common, often severe</b>	<b>No</b>
 <b>Fatigue, weakness</b>	<b>Sometimes</b>	<b>Slight</b>	<b>Common, often severe</b>	<b>Sometimes</b>
 <b>Extreme exhaustion</b>	<b>Sometimes</b> (progresses slowly)	<b>Never</b>	<b>Common (starts early)</b>	<b>No</b>
 <b>Stuffy nose</b>	<b>Rare</b>	<b>Common</b>	<b>Sometimes</b>	<b>Common</b>
 <b>Sneezing</b>	<b>Rare</b>	<b>Common</b>	<b>Sometimes</b>	<b>Common</b>
 <b>Sore throat</b>	<b>Rare</b>	<b>Common</b>	<b>Common</b>	<b>No</b>
 <b>Cough</b>	<b>Common</b>	<b>Mild to moderate</b>	<b>Common, can become severe</b>	<b>Sometimes</b>
 <b>Shortness of breath</b>	<b>In more serious infections</b>	<b>Rare</b>	<b>Rare</b>	<b>Common</b>
 <b>Runny nose</b>	<b>Rare</b>	<b>Common</b>	<b>Sometimes</b>	<b>Common</b>
 <b>Diarrhea</b>	<b>Sometimes</b>	<b>No</b>	<b>Sometimes**</b>	<b>No</b>

For more information: [www.kdheks.gov/coronavirus](http://www.kdheks.gov/coronavirus)

\* Information is still evolving.

\*\* Sometimes for children.

Sources: KDHE, CDC, WHO, National Institute of Allergy and Infectious Diseases, American College of Allergy, Asthma and Immunology.

# Coronavirus Self-Checker, should I get tested for COVID-19?

[Click Here](#) to visit the page shown below and access the Self-Checker

## Coronavirus Disease 2019 (COVID-19)

Your Health ▾

Community, Work & School ▾

Healthcare Workers & Labs ▾

Health Depts ▾

Cases & Data ▾

More ▾

### 🏠 Your Health

#### Symptoms

Testing +

Prevent Getting Sick +

If You Are Sick +

Daily Life & Going Out +

People at Increased Risk +

Pets & Other Animals +

Travel +

Frequently Asked Questions

### YOUR HEALTH

## Symptoms of Coronavirus

Updated May 13, 2020

Languages ▾

Print



### What you need to know

- Anyone can have mild to severe symptoms.
- **Older adults and people who have severe underlying medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

### Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

### ✉ Get Email Updates

To receive email updates about COVID-19, enter your email address:

Email Address

[What's this?](#)






Submit



### Self-Checker

A guide to help you make decisions on when to seek testing and appropriate medical care.

# What are the differences between social distancing, quarantine, and isolation?

	Social Distancing	Quarantine	Isolation
<b>Who is it for?</b> 	Anyone who hasn't been exposed to the disease.	People or groups who <b>don't</b> currently have symptoms but were exposed to the disease.	People who are <b>already</b> sick with the disease.
<b>What is it?</b> 	A day-to-day precautionary measure used by non-exposed people to help prevent the spread of a disease.	A prevention strategy used to monitor and separate <b>well people</b> who may have been exposed to a disease for a certain amount of time to see if they become ill. Helps prevent the spread of disease. Usually takes place in the home.	A prevention strategy used to separate people who are <b>sick</b> with an infectious disease from healthy people. Helps limit the spread of disease. Can take place in the home or hospital. Healthcare providers often send patients to home-isolation when they no longer require medical attention.
<b>When do I use it?</b> 	All the time until further direction by KDHE or the local health department.	<p>If you have recently traveled to a country or US state with widespread community transmission of COVID-19, or been on a cruise or river cruise, or if you have come into close contact with someone who has COVID-19.</p> <p>Consult the KDHE website or contact your local health department if you are unsure if you should self-quarantine.</p>	If you are waiting for COVID-19 test results, have tested positive for COVID-19, or have symptoms of the disease without a test. Contact your healthcare provider immediately if you are experiencing symptoms severe enough to seek healthcare. If symptoms are mild, stay at home and isolate away from others.
<b>How long is it for?</b> 	Indefinite until otherwise directed.	<p>14 days after your last exposure.</p> <p>Once your quarantine period has ended, if you do not have symptoms, you may return to your normal routine.</p>	<p>10 days from the beginning of symptoms OR</p> <p>72 hours after fever is gone without the use of fever reducing medicine and other symptoms have significantly improved</p> <p><b>WHICHEVER IS LONGER</b></p>
<b>What does this mean for my daily life?</b> 	<p>Avoid large gatherings and groups of over 50 people. Try your best to stay 6-feet away from people. Call or video-chat with loved ones, particularly those that are elderly or have underlying health conditions that places them at high-risk.</p> <p>If possible, work from home.</p> <p>Practice good hygiene and avoid shaking hands or touching your face.</p> <p>If you are feeling sick, stay home and if needed, call a healthcare provider.</p>	<p>Stay at home and avoid close contact with others. Do not attend school, work or any other setting where you cannot maintain about a 6-foot distance from other people. Call or video-chat loved ones.</p> <p>For food, medication, and other necessities. - have friends, family, or delivery services deliver supplies.</p> <p>Standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</p> <p>If you are in home quarantine, monitor your symptoms and if you become ill and need medical attention call your healthcare provider.</p>	<p>Do not leave your home unless it is in an emergency. If you are in a home with others, stay in a room by yourself. Call or video-chat loved ones.</p> <p>For food, medication, and other necessities. - have friends, family, or delivery services deliver supplies. and try to stock up for the duration of the isolation.</p> <p>Standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</p> <p>If you are in home isolation, monitor your symptoms and if you need medical attention, contact with your healthcare provider.</p>

## I have traveled recently. Is a travel-related quarantine recommended?

**Quarantine** is for people or groups who **don't** currently have symptoms but were exposed to the disease either through traveling to the following locations or through contact with a positive COVID-19 case.

[Click here to view the current travel quarantine list](#)

Those who have traveled to the above locations need to quarantine for 14 days after arrival in Kansas. This applies to both Kansas residents and those visiting Kansas.

Those who are under a 14-day home quarantine should stay home and monitor their symptoms. They should not attend school, work or any other setting where they are not able to maintain about a 6-foot distance from other people.

If you become ill and need to seek medical attention, let your provider know that you have traveled recently or have been otherwise exposed to COVID-19.

## What should I do if I am in quarantine for exposure to a case?

If you have been told by a public health or other authority that you are a close contact of a laboratory confirmed case of COVID-19, you must quarantine yourself for 14 days after your last contact with the case. You are considered a close contact if you yourself have directly been within 6 feet of someone with a laboratory confirmed case of COVID-19 for 10 minutes or more.

Those who are under a 14-day home quarantine should not attend school, work or any other setting where they are not able to maintain about a 6-foot distance from other people. If they are able to attend settings where they can maintain this recommendation for a 6-foot distance from others, then they can attend.

While at home:

- Monitor your symptoms. Watch for fever, cough or trouble breathing. A symptoms log is included at the end of this document. If symptoms develop during the 14-day quarantine period, please notify your local health department.
- If you become ill and need to seek medical attention:
- Before seeking care, call your healthcare provider and tell them that you have recently traveled recently or that you have been otherwise exposed to COVID-19.
- Put on a facemask before you enter the healthcare facility to help prevent further spread to other people in your healthcare provider's office or waiting room.
- If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel to an area with widespread or ongoing community spread of COVID-19.
- People under quarantine should consider wearing a facemask while at home because both asymptomatic and symptomatic people can spread the virus and wearing a facemask may help protect the people you live with.
- If possible, separate yourself from other people in your home. Stay in a different room from others and use a separate bathroom, if available.
- Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.
- Clean all "high-touch" surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

## How do doctors and healthcare professionals determine if I need to be in home-isolation?







**Isolation** is for people who are **already sick** with the disease.

If your symptoms are not severe enough to be hospitalized, it may be appropriate for you to isolate at home. Hospitalized patients can be released to home isolation once their healthcare providers feel that their symptoms no longer need immediate medical attention. For patients not requiring hospitalization any longer, or for people whose symptoms are not severe enough to require hospitalization, public health will assess the suitability of the home environment for home care.

Home isolation may be appropriate for individuals who:

- Are stable enough to receive care at home
- There are appropriate caregivers that are available to monitor you
- There is a separate bedroom where you can recover without sharing immediate space with others
- There is access to gloves and facemask
- All household members including you are able to adhere to necessary precautions

If you live in a group setting or a home setting where the above criteria cannot be met, the local health department will identify where you can be housed until no longer infectious.

Tips for Home Isolation	
	Do not leave your home unless it is in an emergency.  Avoid one-on-one interaction within 6-feet of another person. If possible, separate yourself from other people in your home. Stay in a different room from others and use a separate bathroom, if available.
	Monitor your symptoms. Watch for fever, cough or trouble breathing.  If you become ill and need non-emergency medical attention for any reason, call your healthcare provider. Before you seek care and tell your healthcare provider that you have recently traveled recently or that you have been otherwise exposed to COVID-19. Use a facemask before when you go the healthcare facility.  If you are in a medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19 while traveling. If possible, put on a facemask before emergency medical services arrive.
	Make sure you have the supplies and support you need.  Arrange for an appropriate caregiver and make sure to avoid direct contact. If possible, try to stock up on necessities like food or water or have it delivered by friends, family, or delivery services. Make sure to keep at least 6-feet apart when accepting deliveries.
	Cough or sneeze into the fold of your elbow.  Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.
	Keep your hands clean.  Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
	Clean all "high-touch" surfaces every day.  High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.
	Stay connected virtually.  Keep in touch with loved ones online or through your phone. Virtual dates, video chats, and online games are great ways to prevent social isolation and keep friends and family updated.
If you have questions, contact your local county health department, or KDHE at 877-427-7317.	

Source: [KDHE](#), [KDHE](#)

# When are cases and contacts released from isolation and quarantine?

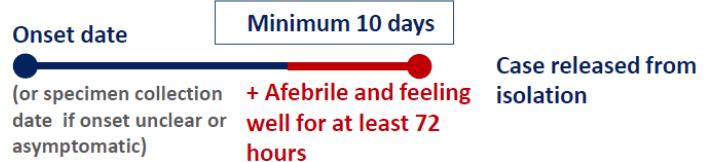


\*Adapted from TN Dept of Health

## RELEASING CASES AND CONTACTS FROM ISOLATION AND QUARANTINE

### CASES

Must be isolated for a minimum of 10 days after onset and can be released after afebrile and feeling well (without fever-reducing medication) for at least 72 hours, whichever is longer.



*Note: Lingering cough should not prevent a case from being released from isolation.*

#### Examples:

- A case that is well on day 2, and afebrile and feeling well for 72 hours, can be released from isolation on day 10.
- A case that is well on day 6, and afebrile and feeling well for 72 hours, can be released from isolation on day 10.
- A case that is well on day 14, and afebrile and feeling well for 72 hours, can be released from isolation on day 17.

### HOUSEHOLD CONTACTS

Must be quarantined for 14 days after the case has been released from home isolation (because exposure is considered ongoing within the house).

If a household contact develops symptoms, they should be tested.



*This means that household contacts may need to remain at home longer than the initial case.*

#### Examples:

- A case is well 3 days after onset, case released from isolation on day 10, household contact must remain quarantined until day 24.
- A case is well 7 days after onset, case released from isolation on day 10, household contact must remain quarantined until day 24.
- A case is well 14 days after onset, case released from isolation on day 17, household contact must be quarantined until day 31.

### NON-HOUSEHOLD CONTACTS

Must be quarantined for 14 days from the date of last contact with the case.



07/06/20



**If a student tests positive, will the instructors in all of the classes the student has attended be notified and will the instructors need to help notify students?**

The students will be encouraged to notify their instructors since they will need to be in isolation for at least 10 days and missing classes.

Butler County Health Department will take care of all contact tracing and notification of potential contacts.

Instructors will NOT notify other students – this is a violation of patient confidentiality.