With classes resuming this Fall, we understand that there may be questions about what you can do to prepare yourself and stay safe when returning to campus.

Lamar University is here to support you and we are providing this information to ensure you can stay healthy and safe on campus.

Your Self-Care Kit
Be prepared with a self-care kit that contains:
- Digital thermometer (for daily use)
- Hand sanitizer (for times you can’t wash)
- Alcohol wipes (for cleaning, as needed)
- Water bottle (stay hydrated!)
- Temperature and symptom log (see next page)

What to Watch for
Symptoms related to COVID-19 include:
- Fever (new or worsening >100.4 °F)
- Cough
- Shortness of breath
- Sore throat
In more severe cases, infection can cause pneumonia and other complications, especially for older individuals and those with other health conditions.

Monitoring Your Symptoms
Please take your temperature daily and record your symptoms on the health log located on the next page.

If you develop symptoms or need medical help:

- Students should call the Student Health Center during business hours or their primary care physician.
- Athletes should contact the Athletic Training staff.
- Faculty/Staff should contact their primary care physician.

If you Need to Quarantine
To the extent possible, remain at home for the 14-day period.
- Do not go out, except when recommended by a medical professional to seek care.
- Do not use public transportation.
- Maintain distance from others.
- Do not permit non-essential visitors to come to your residence.

If you need immediate treatment of very serious or critical conditions while on campus, call 7777.

If you decide to go to the emergency department on your own, if possible, call the ER prior to your arrival so they can be prepared to potentially isolate you when you arrive.
Common Feelings

Everyone reacts differently to stressful situations that require changes in uncertainty. During this time you may experience a range of feelings, including:

- Anxiety, worry or fear related to your health status or that of others
- Anger or resentment at the inconvenience
- Worry about not having your things with you or not doing your usual routine
- Uncertainty or concern about how long you will have to remain in this situation
- Excitement to have some alone time for rest and catch up on reading
- Loneliness or feeling cut off
- Boredom and frustration
- Sadness or depression
- Symptoms of post-traumatic stress disorder

Please contact the Student Health Center or the Employee Assistance Program if you need immediate counseling care.

Daily Health Log

Record your temperature twice daily and note any symptoms or concerns.

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If your temperature is >100.4 °F or if you feel like you have a fever and you have a cough or shortness of breath, please call your healthcare provider. Students should call the SHC during business hours. Faculty/Staff should contact their primary care provider.