

BE PREPARED

ITEMS YOU WILL NEED IN YOUR ROOM IF YOU GET SICK:



- Thermometer — taking your temperature regularly will be important
- Tylenol or no name acetaminophen — recommended for reducing a fever
- Throat lozenges
- Kleenex or tissues
- Lots of fluids (non-alcoholic) — water, juice, Gatorade — important to avoid dehydration
- Warm blanket — in case you have the chills
- Clean PJs



HOW DO I STAY HEALTHY?

- Wash your hands often with soap and water for at least 20 seconds
- Drink lots of fluids — water, juice
- Keep your room clean
- Don't leave dirty laundry lying around
- Change your bed linens weekly
- Clean surfaces often — desktop, bathroom sink/shower, door knobs
- Empty your garbage often — don't let it pile up
- Do not gather in your room — go outside for a walk with your friends
- Have cleaning supplies on hand — paper towel and disinfectant



WHAT IF I GET SICK?

- Take the Government of New Brunswick self-assessment online in order to identify the next steps for your symptoms: gnb.ca/coronavirus
- Report your illness to Residence Life Manager Karen Geldart at 364-5967 or e-mail kgeldart@mta.ca in order to arrange support and services

