Living in a pandemic isn’t easy. Thank you for doing your part to slow the spread of COVID-19 and keep our Wildcat family healthy.

- **Wash your hands often**
- **Stay at least 6 feet apart from others**
- **Wear a face covering over your mouth & nose when around others**
- **Avoid crowds & meet outdoors where you can stay 6 feet apart**
- **Do not share dishes, cups, or utensils**
- **Clean & disinfect frequently touched surfaces daily**
WHAT TO DO

If You Are Sick

- **Stay home** if you have a fever, chills, cough, body aches, sore throat, loss of smell or taste, headache, or other symptoms of COVID-19
- Contact your healthcare provider or Campus Health at (520) 621-9202
- Stay away from others
- Get rest and stay hydrated
- Wear a face covering if you must be around other people
- Keep track of your symptoms
- If you have difficulty breathing, inability to stay awake, bluish lips or face, seek emergency medical care immediately

For up-to-date information on COVID-19:

HEALTH.ARIZONA.EDU

MEDICAL: (520) 621-9202
AFTER HOURS: (520) 570-7898
COUNSELING & PSYCH SERVICES (CAPS): (520) 621-3334

CAMPUS HEALTH | Housing & Residential Life