

COVID-19 Information

Symptoms

STAY HOME if experiencing any of following symptoms:

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

According to the CDC, individuals with COVID-19 have had a wide range of symptoms – ranging from mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

***Students are to also complete the [WCC COVID-19 Reporting Form](#) (and also located on the WCC app). A Contact Tracer will contact you regarding isolation/quarantine period (if needed), when to get tested, and when you may return to campus.

Monitor Symptoms & seek medical care, if needed

- **Seek emergency medical care immediately** if experiencing: Trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, pale, gray, or blue-colored skin, lips, or nail beds (depending on skin tone.)
- Contact your healthcare provider for assessment or local county public health office for more information.
- If you are a student, and do not have a healthcare provider, you may contact the College's Health Services Office: Woodland Community College (530) 661-7758 or Yuba College (530) 740-1749.
- May also contact the California COVID-19 Medi-Nurse Line at 1-877-409-9052. These medical professionals are available 24 hours a day, 7 days a week. This advice line can connect you with a nurse to talk about COVID-19 symptoms and help connect you with local resources in your area.

Follow recommended prevention measures

- Separate yourself from others and within your home if experiencing symptoms.
- Stay home when you are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces everyday using a regular household cleaning spray or wipe.
- Avoid sharing personal household items – dishes, cups, towels, bedding, etc.

Testing

Free PCR COVID testing is available at WCC Campuses: <https://wcc.yccd.edu/return-to-campus/#testing>

Campus	Days/Times	Location
Woodland Campus	Monday through Friday 8:00 a.m. to 4:00 p.m.	Building 100 Student Lobby Area
Lake County Campus	Monday through Friday 8:00 a.m. to 3:00 p.m.	Building 601
Colusa County Campus	Wednesday 8:00 a.m. to 4:00 p.m.	Student Lounge

For additional free testing sites, visit covid19.ca.gov.

Vaccination

To obtain your free COVID vaccine, visit My Turn California at myturn.ca.gov.