

# COVID-19 SIGNS AND SYMPTOMS AND VACCINES

## All Changes Highlighted in Bronze

This document provides the NHTI college community current information on COVID-19 signs and symptoms, variants, reinfection and vaccinations.

COVID-19 continues to be studied to better understand how it is transmitted, its short and long term effects, how it mutates and the effectiveness of vaccinations. The body of scientific knowledge, medical treatment for, and the epidemiologic understanding of the virus changes rapidly.

## What is Coronavirus (COVID-19)

COVID-19 is a contagious respiratory illness that is caused by infection with a new coronavirus called SARS-CoV-2.

## How the Virus (SARS-CoV-2) that Causes COVID-19 Spreads

COVID-19 is spread from person to person three main ways:

- Breathing in air (airborne transmission) when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Having these small droplets and aerosolized particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.

People who are closer than six (6) feet and while not taking other mitigation measures (i.e. wearing a face mask) are at highest risk for developing COVID-19 infection.

In general, the more closely a person interacts with others and the longer that interaction, the higher the risk of contracting COVID-19.

### Airborne Transmission

Airborne transmission can occur in certain settings as a persons respiratory droplets can remain suspended in the air for periods of time, minutes and up to hours, depending on the circumstances.

Risk of COVID-19 infection for airborne transmission is increased significantly in the following circumstances:

- Indoor spaces with inadequate ventilation where the concentration of exhaled respiratory fluids, especially very fine droplets and aerosol particles, can build-up in the air space.
- Increased exhalation of respiratory fluids if the infectious person is engaged in talking or physical exertion or raises their voice (e.g., exercising, shouting, singing).
- Prolonged exposure to these conditions, typically more than fifteen (15) minutes.
- Rooms where aerosol generating procedures are occurring.

### Contaminated Surfaces

COVID-19 can be transmitted by touching a surface, or object that has the virus on it and then touching ones' own mouth, nose, or eyes. This is considered a low risk for COVID-19 transmission.

## COVID-19 and Animals

COVID-19 can spread from people to animals in some situations. Pet cats and dogs can sometimes become infected after close contact with people with COVID-19. Based on current information, the risk of animals spreading COVID-19 to people is considered to be low. For more information see [COVID-19 and Pets](#) .

## COVID-19 Symptoms

### Coronavirus (COVID-19)

#### Common Symptoms

People with COVID-19 have had a wide range of symptoms reported 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. Common symptoms include:

- 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
- Diarrhea

#### Emergency Symptoms

The following are COVID-19 emergency symptoms. Seek emergency medical care immediately if you have any of the following symptoms:

- Trouble breathing
- Persistent pain or pressure in the chest
- Pale, gray, or blue colored skin, lips or nail beds, depending on skin tone
- Inability to wake or stay awake
- New confusion

These are not a list of all possible COVID-19 symptoms. For more information see [COVID-19 symptoms](#)

## COVID-19 Vaccinations

There are three (3) approved COVID-19 vaccines available from Pfizer-BioNTech, Moderna and Johnsons & Johnson/Janssen. All three (3) are safe and highly effective at reducing illness, hospitalizations and death from COVID-19.

Due to waning vaccine effectiveness there are recommendations to receive [booster shots](#) at specific **time intervals after receiving primary series**.

For more information on COVID-19 vaccines see the CDC website [COVID-19 vaccine information page](#)

### COVID-19 Vaccine Breakthrough Cases

No vaccine is 100% effective and “breakthrough” or infection after full vaccination are expected to occur. Current “breakthrough” cases remain relatively low based on the numbers of persons who are currently vaccinated. **If you are fully vaccinated and develop COVID-19 symptoms or test positive for COVID-19 you are required to isolate to prevent potential for spread of COVID-19.** For more information on NHTI

Reporting COVID-19 cases, contact and post-vaccine illness procedures see the NHTI websites [NHTI COVID-19 page](#)

## **Campus Community Expectations and Other Information**

Everyone has a role in continuing to remain vigilant in slowing the spread and protecting themselves, their family, and their community. COVID-19 is not limited to the NHTI campus and there is the expectation that employees and students practice public health measures while on and off campus.

For information on all NHTI COVID-19 policies please refer to the [NHTI website COVID-19 page](#).

For additional information on how COVID-19 spreads, how to protect yourself and other information please see the [CDC website](#).

If you have questions contact the NHTI Campus Safety Department at [nhticampussafety@ccsnh.edu](mailto:nhticampussafety@ccsnh.edu)

All information in this document was obtained from the CDC and the New Hampshire Department of Health and Human Services websites.

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