What to do if:

You have confirmed or suspected coronavirus (COVID-19)

Follow the steps on this document to help stop COVID-19 from spreading to others if you are sick and:

- Have been diagnosed with COVID-19
- Are suspected to have COVID-19 because you have been exposed to someone with COVID-19 and/or have COVID-19 like symptoms

Some symptoms of COVID-19 are:

- 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

This list does not include all possible symptoms. Most people will have mild disease, but some people will get sicker and may need to be in the hospital. If any of your symptoms worsen or if you have trouble getting your breath, call your healthcare provider or 911.

When is a person with lab confirmed COVID-19 infectious:
If a person with lab confirmed COVID-19 has symptoms, they become infectious 48 hours before they started to have symptoms until they meet all three of these criteria.

- It has been at least 10 days since their symptoms first started AND
- They do not have a fever for at least 24 hours. That is 1 full day fever-free without the use of medicine that lowers fevers (like Tylenol or ibuprofen) AND
- Their other symptoms are better, such as their cough or shortness of breath.

Sometimes people with lab confirmed COVID-19 do not have any symptoms of illness and only find out they have COVID-19 after having a test. This is called asymptomatic infection. People who are asymptomatic can still spread COVID-19 to others.

Their infectious period

- Starts at least 48 hours before their first test result was positive for COVID-19
- Ends 10 days after the person’s first positive test result

If you have symptoms or test positive for COVID-19, you must self-isolate:

- Fill out the UI Self-Reporting form to update your status: https://apps.its.uiowa.edu/forms/self-report
- Do not go to work, classes, or public places

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• Avoid using public transportation, ridesharing, or taxis
• Stay away from other people and animals in your home as much as possible
  o People: stay in one room and away from others if you can. Use a separate bathroom if possible.
  o Animals: if you have a service animal or ESA, they can stay with you. If you must care for a pet or animal, wash your hands before and after you touch them.
• Follow basic infection control practices- cover your coughs and sneezes, wash your hands frequently

If you live in the residence hall:
  o You will be moved to an isolation space. Reporting/updating your status via the campus online reporting form [https://apps.its.uiowa.edu/forms/self-report](https://apps.its.uiowa.edu/forms/self-report) will start the process of arranging isolation space for you. A member of University Housing and Dining will contact you to discuss your relocation needs and review next steps to take. Please note that self-report forms submitted after 6 PM on weekdays and 4 PM on weekends will be followed up the next day. Until you are contacted by Housing & Dining, maintain your self-isolation, with a face covering on. You can order meals online for pickup from [dining](https://apps.its.uiowa.edu/forms/self-report). Stay away from others as much as you can while traveling through the building.
  o Monitor your health for worrisome symptoms of COVID-19. Take your temperature twice a day if you have a thermometer. Call Student Health Nurseline if you are concerned about anything. You can leave a voice mail or MyChart message with non-urgent questions and concerns and we will contact you during business hours. If you need health guidance when the Nurseline is not available, call the UIHC Integrated Call Center to speak to a nurse at 319-384-9010. If you have an emergency, call 911. Tell the operator that you have COVID-19.

If you live in an apartment or house with roommates/housemates, or if you go home to your parents:
  o Stay in a room different than others, if possible
  o Ideally, have your own bathroom designated
    ▪ If you must share a bathroom, wear a mask in/out, wash your hands before/after touching common surfaces, clean common surfaces after use
    ▪ Use the bathroom at least crowded times; maintain 6 feet distance between you and others
  o Do not make food for others while you are in isolation
  o Use the kitchen and other common areas when others are not; designate utensils and dishes for your use only if possible; clean common high-touch surfaces after use
  o Wash your hands often. Clean the things you touch often each day, such as your phone and doorknobs.
  o Always wear a face covering when you must be around others
  o Do not share household items, such as dishes, towels, or bedding.
  o Stay home except to get health care. Always call ahead to get scheduled.
  o Monitor your health for any worrisome symptoms of COVID-19, like difficulty breathing. Take your temperature twice a day if you have a thermometer. Call Student Health Nurseline if you have questions or concerns. You can leave a voice mail or MyChart message with non-urgent questions and concerns and we will contact you during business hours. If you need to speak to a nurse in the night or the weekend, call the UIHC Integrated Call Center at 319-384-9010. Call 911 for emergencies; tell the operator that you have COVID-19.

Contact your instructors if you will be missing in-person classes and arrange to get content. Let your instructors know if you don’t feel well enough to keep up with your academics.
• Contact the Office of Student Accountability at 319-335-1527 if you need assistance with anything
related to your classes.

- If you have a job, contact your employer to let them know you must be off work for at least 10 days. The county who did your positive case investigation will have the verification of your isolation dates if needed for work excuses:  [https://idph.iowa.gov/lphs/local-public-health-agencies](https://idph.iowa.gov/lphs/local-public-health-agencies) Contact the appropriate county for a form letter that will list your dates. You may be able to get some documentation from MyChart. Student Health may not be able to provide dates- you need to contact the county public health office to request it. Let us know if you can’t get this verification.
- If you are employed at UIHC, call University Employee Health Clinic to report your status: 319-356-3631.

**How do I treat COVID-19 illness? What can I take?**

- There are currently no medicines to treat COVID-19, just to help with symptom control. You can take Tylenol or ibuprofen, and you must stay well hydrated. **Drink plenty of water.** Rest as much as you can.
- Be sure to have your regular medicines on hand, especially if you have asthma and use an inhaler.
- Call Student Health Nurseline with any questions or concerns.

**How long do I need to be in isolation if I test positive or am presumed positive for COVID-19?**

To reinforce, you need to stay in isolation, in your room, at home and away from others in your house until:

- At least 10 days have passed since your symptoms first started or since your positive test result **AND**
- You do **not** have a fever for at least 24 hours. That is 1 full day of no fever without the use of medicine that lowers fevers (like Tylenol) **AND**
- Your other symptoms are better, such as your cough or shortness of breath

**Other resources:**

- [https://coronavirus.uiowa.edu/](https://coronavirus.uiowa.edu/)
- [https://studenthealth.uiowa.edu/](https://studenthealth.uiowa.edu/)