What to do if:

You were potentially exposed to someone with confirmed coronavirus (COVID-19)

If you were identified by a public health official as exposed or a “contact” of someone with lab-confirmed COVID-19, follow these steps to watch your health and not spread it to others if you get sick.

What is COVID-19 (novel coronavirus 2019)?

It is caused by a new virus called SARS-CoV-2. People with COVID-19 have had a wide range of symptoms reported—ranging 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:

- 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.

Consider completing the [CDC Self-Checker](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html) to provide some helpful information.

How do I know if I was exposed?

You are at a higher risk of getting infected with COVID-19 if you were in close contact with a person with lab confirmed COVID-19 during the time frame that they were infectious.

High risk situations may include:

- Living in the same house as a sick person with COVID-19
- Caring for a sick person with COVID-19 without using personal protective equipment (PPE)
- Being within 6 feet of a sick person with COVID-19 for 15 minutes
- Being in direct contact with secretions from a sick person with COVID-19:
  - Kissing or sharing utensils
  - An infected person coughs, sneezes, talks loudly or sings close to your face

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 and continue to be infectious 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

What should I do if I got a call from a public health official and told I was a “contact”, or I know that I was in close contact with someone with COVID-19 while they were infectious, but I am not sick?
Your first step is to fill out the UI Self-Reporting Form: https://apps.its.uiowa.edu/forms/self-report
You will get some guidance from the public health official regarding your exposure and quarantine.

If I was in close contact to someone with COVID-19, do I need to stay home from work or school?
Yes. When a person is exposed to COVID-19, symptoms can appear anywhere from 2-14 days after the last exposure (the “incubation period”). If you are identified as exposed or a close contact of a person with COVID-19, you will need to self-isolate for 14 days (this is called “quarantine” - you are not sick but exposed to an infectious illness so you could get sick). The quarantine stay is 14 days to ensure that you are not developing symptoms within the incubation period. **Even if you get a negative COVID-19 test during your quarantine time, you need to stay in quarantine for 14 days.**
Contact your instructors if you will be missing in-person classes and arrange to get content. 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 14 days. The county who did your contact case investigation will have the verification of your quarantine dates if needed for work excuses: 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.

If I was in close contact with someone with COVID-19, do I need a test?
**Read the information on our website**, and fill out the COVID-19 TEST REQUEST form to see if you qualify for testing.

If you live in the residence hall:
- If you live in the residence hall, you may be moved to a quarantine space. Reporting/updating your status via the campus online reporting form https://apps.its.uiowa.edu/forms/self-report will start the process of arranging quarantine 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. Stay away from others as much as you can while traveling through the building.
- Monitor your health for symptoms of COVID-19. Take your temperature twice a day if you have a thermometer. Call Student Health Nurseline if you develop symptoms. 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 may have been exposed to COVID-19.

For those in an apartment or house with roommates/housemates, or if you go home to your parents:
- Stay in a room different than others, if possible
- 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
Do not make food for others while you are in quarantine.

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.

Wash your hands often. Clean the things you touch often each day, such as your phone and doorknobs.

Always wear a face covering when you must be around others.

Do not share household items, such as dishes, towels, or bedding.

Stay home except to get health care.

Monitor your health for symptoms of COVID-19. Take your temperature twice a day if you have a thermometer. Call Student Health Nurseline if you develop symptoms. 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 you were exposed to COVID-19.

What should I do if I was in close contact with someone with COVID-19 and I get sick?

If you get sick, even with mild symptoms:

- Continue to self-isolate and stay away from other people.
- Go to the Student Health website and fill out the form to request a COVID-19 test. You may be scheduled for a video visit or have a test ordered. You will be asked to schedule this on MyChart if you can, so be sure you are signed up: https://mychart.uihealthcare.org/mychart/signup or we will call you during business hours to schedule the test.
- If you test positive or are presumed positive, you will need isolation. Isolation is for those who have the infection.
- Update your status on the UI Self-Reporting form: https://apps.its.uiowa.edu/forms/self-report
  - If you live in the residence hall, you may be moved to an isolation space. You will get guidance and assistance from Housing & Dining staff.
  - If you live with others in an apartment or house, continue to practice self-isolation.
  - If you go home to your parents’ home, follow these same guidelines to protect your family members in your house.
- There are currently no medicines to completely 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.
- Call Student Health Nurseline with any questions or concerns.

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

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://studenthealth.uiowa.edu/

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