COVID-19 HEALTH INFORMATION

WHAT TO DO IF YOU FEEL SICK

Know the symptoms:

- 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

If you have symptoms consistent with COVID-19:

- Stay home.
- If you develop symptoms while in class or on campus, go home.
- DO NOT walk into walk in to QuickCare, Student Health, any UI Health Care clinic, the State Hygienic Lab, or any emergency room.

Students

Call or email the Student Health Nurseline (319-335-9704, student-health@uiowa.edu) or your local health care provider. After hours and on weekends, call the University of Iowa Hospitals & Clinics (319-384-9010) or the 24-hour helpline, 319-384-8819 or schedule a video visit through MyChart.

Faculty/Staff

Call your health care provider or the UI Hospitals & Clinics (319-384-9010) and inform them of your symptoms, or schedule a video visit through MyChart.

If you test positive or are presumed positive for COVID-19 by a healthcare provider:

- Self-report via the university's online system at coronavirus.uiowa.edu.
- Self-isolate according to CDC guidelines:
  - 10 days since first symptoms
  - At least 24-hours with no fever and
  - Symptoms improved
- Inform close contacts and assist the Johnson County Health Department with contact tracing.

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