

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](tel: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](tel:319-384-9010) or the 24-hour helpline, [319-384-8819](tel: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](tel: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.