University of Iowa Student Guidelines for:
Self-Reporting a Positive COVID-19 Diagnosis and Close Contact
What to Do When Experiencing Symptoms

The following are guidelines to reduce the threat of COVID-19 to the University of Iowa community.

For students who have tested positive or are presumed positive for COVID-19 by a healthcare provider:
- Students are strongly encouraged to complete the university’s self-report form at: https://apps.its.uiowa.edu/forms/self-report
- Students should also:
  - Respond to questions from Johnson County Public Health regarding contact tracing
- If you live on campus, please call University Housing & Dining (UH&D) as soon as possible at 319-335-3000 to follow their protocol for appropriate living arrangements. Students living on campus will self-isolate in a designated isolation area coordinated by UH&D
- If you live off-campus you should self-isolate until you meet CDC criteria to discontinue self-isolation

For students who have been contacted by a county health official (such as Johnson County Public Health) that they have been in close contact with someone who tested positive for COVID:
- Students are strongly encouraged to complete the university’s self-report form at: https://apps.its.uiowa.edu/forms/self-report
  - Students living on campus will quarantine in a designated area coordinated by UH&D.
  - Students living off campus should quarantine in their residence.
For students who have symptoms consistent with COVID-19:
Students who are experiencing symptoms or have concerns about a potential exposure should follow this process:

- If you have symptoms consistent with COVID-19, stay home.
- Do not go to class or work while symptomatic. If you develop symptoms while on campus, go home or return to your dorm room.
- Call a health care professional who can assess your symptoms and risk factors and help you make a plan. DO NOT walk in to QuickCare, Student Health, any UI Health Care clinic, the State Hygienic Lab, or any emergency room.
- 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 UI Hospitals & Clinics (319-384-9010 or the 24-hour helpline, 319-384-8819) or schedule a video visit through MyChart.
- The health care provider you work with will determine whether you qualify for COVID-19 testing.

Additional Information and Services

- Dealing with this evolving situation can cause stress and anxiety. Students are encouraged to utilize University Counseling Service (https://counseling.uiowa.edu/) 319-335-7294.
- Students experiencing difficulties due to COVID such as financial concerns, housing insecurity, and academic challenges are encouraged to contact Student Care and Assistance at https://dos.uiowa.edu/assistance/ 319-335-1162.
- Accurate information, preparation, and evidence-based practice are powerful tools to help ease feelings of uncertainty and anxiety. Find accurate information about COVID-19 from reliable sources such as the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH), the World Health Organization (WHO), and more locally the UI's coronavirus website, where frequently asked questions for students, faculty, staff, and parents are updated regularly.