



## **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
  - Inform their household contacts and close contacts as defined by the Centers for Disease Control and Prevention (CDC) (<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>).
- 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 should quarantine until guidelines from the CDC are met. **Quarantine** includes: staying home until 14 days after your last contact, checking your temperature twice daily, and watching for COVID-19 symptoms (<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>).
  - 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.

*Updated Aug. 19, 2020.*