

I have symptoms of Covid-19, What do I need to do?

This process is the same for everyone, regardless of vaccination status.

Steps depend on severity and types of symptoms. Follow steps in Column A for more severe symptoms, and steps in Column B for more mild symptoms. Symptoms of Covid-19 may be very mild, especially in vaccinated individuals. If you are a close-contact and start to experience any symptoms, follow steps in Column A

If you are experiencing ...	<p style="text-align: center;">COLUMN A</p> <p>Any of the following: Fevers 100.4F or higher, shaking chills, new loss of taste or smell, muscle or body aches, shortness of breath</p> <p style="text-align: center;">OR</p> <p>You have had a known exposure to Covid-19 and have <u>any</u> symptoms</p> <p style="text-align: center;">FOLLOW THESE STEPS</p>	<p style="text-align: center;">COLUMN B</p> <p>Mild symptoms such as: congestion/runny nose, sore throat, nausea, vomiting or diarrhea, mild headache</p> <p style="text-align: center;">AND</p> <p>You have <u>not</u> been exposed to Covid-19</p> <p style="text-align: center;">FOLLOW THESE STEPS</p>
Do I have to isolate?	<p>Yes – you must fully isolate until you have test results Call Health Services at 508-849-3315 or the RD on call at 508-527-9123 to be moved into isolation space. If your permanent address is 200 miles or closer to campus, you are required to go home to isolate.</p>	<p>You must self-isolate until you have test results. Self-isolating means staying in your room if you are a residential student or staying home if you are a commuter. Residential students should take meals to go, or have a friend drop them off.</p>
Do I need a Covid-19 test?	<p style="text-align: center;">Yes</p> <p>Isolate first, then contact Health Services to arrange for testing. You will need either a PCR or a rapid antigen test. If you have an antigen test that is negative, you will need a confirmatory PCR test in order to be cleared from isolation.</p>	<p style="text-align: center;">Yes</p> <p>Either a PCR or a rapid antigen test is needed. If you have an antigen test that is negative, it is recommended to have a confirmatory PCR test, or a repeat antigen test 24 to 48 hours later.</p>
Do I need to tell anyone I am having symptoms?	<p>Yes- contact tracing needs to start ASAP. Call Health Services at 508-849-3315 your roommate and suitemates need to self-isolate themselves until <i>your</i> test results are back. If they are symptomatic they should follow these guidelines based on their symptoms</p>	<p>Contact Health Services at 508-849-3315 They will arrange for outdoor testing for symptomatic individuals. For most people with mild symptoms, no medical appointment is necessary, other than for testing. If you would like to speak with a nurse or be seen for an appointment, that can be arranged too.</p>
What if it is the weekend?	<p>To Isolate: call the RD On-Call (508-527-9123) To test: contact Health Services when they re-open, or seek out off-campus testing – see box to the right → Notify close contacts as soon as you can – anyone you have been within 6 feet or less of, indoors, for 15minutes or more over a 24 hour period, in the 2 days before symptoms start. They should self-isolate until <i>your</i> test results are back.</p>	<p>Self-isolate and minimize exposing others as much as you can, and call Health Services when they re-open. You can get a test off-campus at local urgent cares and pharmacies, or search for available testing through the Mass.gov “Find a Covid-19 Test” website (https://www.mass.gov/info-details/find-a-covid-19-test). If you test positive, follow the “I tested positive for Covid-19” steps.</p>
Can I attend class in-person or participate in sports?	<p>No</p>	<p>No</p>
When can I go back to regular activities, class, or sports?	<p>Once you have a negative PCR test AND you have been fever free for 24hours or more without fever-reducing medication and symptoms have improved</p>	<p>Once you have a negative PCR test OR two negative antigen tests, at least 24 hours apart</p>
What if my symptoms don't go away or get worse?	<p>Contact Health Services at 508-849-3315 or email healthservices@annamaria.edu Or seek care at a local urgent care or with your primary care</p>	<p>If you develop any symptoms in Column A to the left, follow those steps. If symptoms are mild but not getting better, Contact Health Services</p>

<p>Do I need to go to an Emergency Room?</p>	<p>Emergency warning signs include: trouble breathing, persistent chest pain or pressure, new-onset confusion, unable to wake or to stay awake, or pale, gray, or blue-colored skin, lips, or nail beds If you or someone else has these symptoms, call 911 right away</p>	<p>Emergency warning signs include: trouble breathing, persistent chest pain or pressure, new-onset confusion, unable to wake or to stay awake, or pale, gray, or blue-colored skin, lips, or nail beds If you or someone else has these symptoms, call 911 right away</p>
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