

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 style="text-align: center;">Yes – you must isolate until you have test results</p> <p>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 style="text-align: center;">Yes - you must self-isolate until you have test results.</p> <p>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 bring them.</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. If you have a rapid antigen test that is negative, you will need either a repeat negative antigen test 48hours later, or 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, you will need either a repeat negative antigen test 48hours later, or a confirmatory PCR test in order to be cleared from isolation.</p>
Do I need to tell anyone I am having symptoms?	<p style="text-align: center;">Yes - Call Health Services at 508-849-3315</p> <p>You should also notify your roommate, suitemates, or any close friends/partners you have had contact with in the past 48 hours so they can isolate and test if they are also experiencing symptoms.</p>	<p>If you need testing, call Health Services at 508-849-3315 most people with mild symptoms do not need a medical appointment 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 style="text-align: center;">call the RD On-Call (508-527-9123) to be placed in isolation and get a rapid & PCR test kit If rapid test is negative, take PCR test</p> <p>Contact Health Services when they re-open, or seek out off-campus evaluation</p> <p>Notify close contacts as soon as you can so they can isolate and test if they are having symptoms.</p>	<p>Self-isolate and minimize exposing others as much as you can</p> <p>Call the RD On-Call to get a rapid & PCR test kit (508-527-9123)</p> <p>If rapid test is negative, take PCR test right away or a second rapid test in 48hours</p> <p>If you test positive, follow “I tested positive for Covid-19” steps.</p>
Can I attend class in-person or participate in sports?	No	No
What do I do about class attendance?	<p>Email/contact your professors. It is your responsibility to make arrangements for virtual attendance, assignment due dates, or make-up work. You are still responsible for academic and course requirements</p>	

<p>When can I go back to regular activities, class, or sports?</p>	<p>Once you have two negative antigen tests at least 48 hours apart OR 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 48 hours apart</p>
<p>What if my symptoms don't go away or get worse?</p>	<p>Contact Health Services Or seek care at a local urgent care or with your primary care</p>	<p>If you develop any symptoms in Column A, 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>Most people do not need to go to the Emergency Room 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>	