COVID 19 GUIDANCE FOR STUDENTS

IF YOU HAVE BEEN EXPOSED TO COVID 19

- Anyone who has a known exposure to COVID 19 (regardless of their vaccination status) should wear a mask around others for 10 days.

- Even if you do not have any COVID symptoms (such as fever, body aches, headache, sore throat, or cough), it is recommended that you get tested 5 days after your most recent exposure.

- You can purchase a rapid COVID antigen test at the Student Health Service pharmacy or any local community pharmacy. Many grocery stores also carry these.

IF YOU HAVE SYMPTOMS OF POSSIBLE COVID

- Symptoms of COVID can include fever, body aches, headache, sore throat, or cough. They can be severe or mild. COVID can resemble the common cold or allergy symptoms.

- IF YOUR SYMPTOMS ARE MILD, YOU DO NOT NEED TO BE SEEN AT STUDENT HEALTH. Wear a mask until you can do a rapid antigen test at home and follow guidance below if you test positive.

- You can purchase a rapid COVID antigen test at the Student Health Service pharmacy or any local community pharmacy. Student Health performs rapid COVID testing for a charge of $25. We do not always have same day appointments available.

- IF YOU ARE EXPERIENCING SIGNIFICANT SYMPTOMS (severe sore throat or trouble swallowing, severe headache, chest pain, or shortness of breath) or have a medical condition that puts you at higher risk of developing complications from COVID (see below **), please wear a mask around others. Make an appointment to be evaluated at Student Health EVEN IF YOU TEST NEGATIVE so that we can test you for other causes, do a COVID PCR test (which is more accurate), and treat your symptoms. Please call 307-766-2130 to make an appointment.

- Get lots of rest. Drink lots of fluids. You can take acetaminophen (Tylenol) up to 1000 mg every 6 hours (maximum 3000 mg per day) for fever, headache pain, or body aches. Sucking on cough drops and performing salt water gargles can also be soothing. You can also take over-the-counter cold medication, but do not take additional acetaminophen if the cold medication contains this ingredient.

IF YOU TEST POSITIVE FOR COVID 19

- YOU SHOULD SELF-ISOLATE (meaning stay home, isolate from others, and do not go to class or work) for 5 days from the onset of symptoms (or your positive test if you have no symptoms). You are likely most infectious during these first 5 days.

- Contact your professors to let them know that you are sick and will not be able to attend class in person for at least 5 days. They will work with you to make alternative arrangements.

- If you live on campus, you should call the Live on Call for additional support:
**DESK HOURS & NUMBERS**

**White Hall**: 7 days a week (24 hours) | (307) 766-2277

**Downey Hall**: 7 days a week (8:00 am - 2:00 am) | (307) 766-2126

**McIntyre Hall**: 7 days a week (8:00 am - 2:00 am) | (307) 766-2265

**Tobin House**: 7 days a week (11:00 am - 1:00 pm & 8:00 pm - 10:00 pm) | (307) 766-2360

- **IF YOUR SYMPTOMS ARE MILD, YOU DO NOT NEED TO BE SEEN AT STUDENT HEALTH.** Get lots of rest. Drink lots of fluids. You can take acetaminophen (Tylenol) up to 1000 mg every 6 hours (maximum 3000 mg per day) for fever, headache pain, or body aches. Sucking on cough drops and performing salt water gargles can also be soothing. You can also take over-the-counter cold medication, but do not take additional acetaminophen if the cold medication contains this ingredient. You can take ibuprofen if you are not pregnant and have no history of ulcers or acid reflux.

- **IF YOU ARE EXPERIENCING SIGNIFICANT SYMPTOMS** (severe sore throat or trouble swallowing, severe headache, chest pain, or shortness of breath) or have a medical condition that puts you at increased risk of developing complications from COVID (see below **), please call Student Health (307-766-2130) to make an appointment to be evaluated and discuss treatment options.

- If, after 5 days from the onset of symptoms or your positive test, you have been fever-free for at least 24 hours without the use of medication, and your symptoms are improving (or you never had symptoms), you may end isolation.

- Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID 19 until at least day 11.

- **YOU SHOULD WEAR A HIGH QUALITY, TIGHTLY-FITTING MASK AROUND OTHERS THROUGH DAY 10, EVEN IF YOU ARE FEELING BETTER.**

- Anyone you might have exposed (regardless of their vaccination status) should wear a mask for 10 days and get tested 5 days from their most recent exposure to you (or sooner if they are experiencing symptoms).

- You can call UW Student Health (307-766-2130) to talk to a nurse if you need more information or are trying to decide if you should make an appointment.

**VACCINATIONS**

- Please consider getting a COVID booster that targets new variants to protect yourself and those around you.

**

**LIST OF MEDICAL CONDITIONS THAT INCREASE THE RISK OF BECOMING SICKER IF INFECTED WITH COVID**

- Asthma
- Cancer
- Cerebral Palsy
Cerebrovascular disease
Chronic kidney disease
Chronic lung diseases
Chronic liver diseases
Congenital Malformations (Birth Defects)
Cystic fibrosis
Diabetes mellitus
Heart conditions
HIV (human immunodeficiency virus)
Limitations with self-care or activities of daily living
Obesity (BMI ≥30 kg/m²)
Pregnancy or recent pregnancy
Primary Immunodeficiencies
Sickle cell disease
Smoking (current and former)
Solid organ or hematopoietic cell transplantation
Spinal Cord Injuries
Substance use disorders
Thalassemia
Tuberculosis
Use of corticosteroids or other immunosuppressive medications