

# RESIDENTIAL STUDENT EXPERIENCING SYMPTOMS

## Symptoms include:

- Fever over 100.4 degrees
- Cough
- Loss of taste and/or smell
- Onset of any of these two symptoms: chills, nausea, muscle aches, headache, runny nose or sore throat

**Contact Dean of Students Office and get tested for COVID-19**

### The Dean of Students Office will help you:

- determine the best way to self-isolate or self-quarantine (dedicated space may be provided for students)
- arrange for meal delivery to your room
- contact instructors to create course plans
- arrange for mail and package delivery to your room
- stay informed on isolation information and expectations

**Self-isolate while waiting for test results**

### Self-Isolation vs. Self-Quarantine

#### Self-Isolation:

- For those who are being tested for COVID-19, or have tested positive for COVID-19
- For those who have been contacted by a contact tracer
- Self-isolated students should only be in their room or closest restroom
- No guests are allowed to visit
- Requires regular check-ins via video chat with Dean of Students Office
- Self-isolate for at least 10 days and are symptom free for at least one day

#### Self-Quarantine:

- For those who have symptoms but have tested negative for COVID-19
- For those who have had close contact with someone who has symptoms or has tested positive for COVID-19
- Self-quarantined students should be in their room or closest restroom, but can leave for essential short trips and services (i.e. doctor visits)
- Requires regular check-ins via video chat with Dean of Students Office
- Self-quarantine for at least 14 days

**TEST  
NEGATIVE**

**Stay out of class until you are symptom-free.**  
*If you had a known exposure, self-quarantine for 14 days.*

#### While in self-quarantine:

- Measure your temperature twice a day (once in the morning, once at night)
- Watch for symptoms (see above)
- Contact your medical provider if you develop symptoms

**TEST  
POSITIVE**

#### Self-isolate until:

- you have been fever-free for at least one day without using medicine that reduces fevers
- your symptoms have improved for at least one day
- at least 10 days have passed since you first had symptoms

**Contact tracer will connect with you (could be someone from UWS or Douglas County Public Health)**

#### What will a contact tracer ask?

- Info on your activities for 14 days leading up to symptoms and 14 days following symptoms
- Info on anyone you may have interacted with for 15 minutes or more in less than a 6' distance

## NONRESIDENTIAL STUDENT EXPERIENCING SYMPTOMS

### Symptoms include:

- Fever over 100.4 degrees
- Cough
- Loss of taste and/or smell
- Onset of any of these two symptoms: chills, nausea, muscle aches, headache, runny nose or sore throat

**Contact Dean of Students Office and get tested for COVID-19**

### The Dean of Students Office will help you:

- contact instructors to create course plans
- stay informed on isolation information and expectations

**Self-isolate while waiting for test results**

### Self-Isolation vs. Self-Quarantine

#### Self-Isolation:

- For those who are being tested for COVID-19, or have tested positive for COVID-19
- For those who have been contacted by a contact tracer
- Self-isolated students should stay home
- It is strongly recommended there are no visitors during this time, and students should isolate from others in the household
- Requires regular check-ins via video chat with Dean of Students Office
- Self-isolate for at least 10 days and are symptom free for at least one day

#### Self-Quarantine:

- For those who have symptoms but have tested negative for COVID-19
- For those who have had close contact with someone who has symptoms or has tested positive for COVID-19
- Self-quarantined students should stay home, except for essential short trips and services (i.e. doctor visits).
- Requires regular check-ins via video chat with Dean of Students Office
- Self-quarantine for at least 14 days

**TEST  
NEGATIVE**

**Stay out of class until you are symptom-free.**

*If you had a known exposure, self-quarantine for 14 days.*

#### While in self-quarantine:

- Measure your temperature twice a day (once in the morning, once at night)
- Watch for symptoms (see above)
- Contact your medical provider if you develop symptoms

**TEST  
POSITIVE**

#### Self-isolate until:

- you have been fever-free for at least one day without using medicine that reduces fevers
- your symptoms have improved for at least one day
- at least 10 days have passed since you first had symptoms

**Contact tracer will connect with you (could be someone from UWS or Douglas County Public Health)**

#### What will a contact tracer ask?

- Info on your activities for 14 days leading up to symptoms and 14 days following symptoms
- Info on anyone you may have interacted with for 15 minutes or more in less than a 6' distance

## DISTANCE LEARNING STUDENT EXPERIENCING SYMPTOMS

### Symptoms include:

- Fever over 100.4 degrees
- Cough
- Loss of taste and/or smell
- Onset of any of these two symptoms: chills, nausea, muscle aches, headache, runny nose or sore throat

**Contact Dean of Students Office and get tested for COVID-19**

The Dean of Students Office will help you contact instructors to create course plans.

**Self-isolate while waiting for test results**

### Self-Isolation vs. Self-Quarantine

#### Self-Isolation:

- For those who are being tested for COVID-19, or have tested positive for COVID-19
- For those who have been contacted by a contact tracer
- Self-isolated students should stay home
- It is strongly recommended there are no visitors during this time, and students should isolate from others in the household
- Requires regular check-ins via video chat with Dean of Students Office
- Self-isolate for at least 10 days and are symptom free for at least one day

#### Self-Quarantine:

- For those who have symptoms but have tested negative for COVID-19
- For those who have had close contact with someone who has symptoms or has tested positive for COVID-19
- Self-quarantined students should stay home, except for essential short trips and services (i.e. doctor visits).
- Requires regular check-ins via video chat with Dean of Students Office
- Self-quarantine for at least 14 days

**TEST  
NEGATIVE**

**If you had a known exposure, self-quarantine for 14 days.**

#### While in self-quarantine:

- Measure your temperature twice a day (once in the morning, once at night)
- Watch for symptoms (see above)
- Contact your medical provider if you develop symptoms

**TEST  
POSITIVE**

#### Self-isolate until:

- you have been fever-free for at least one day without using medicine that reduces fevers
- your symptoms have improved for at least one day
- at least 10 days have passed since you first had symptoms

### Who is considered a distance learning student?

A student whose degree program is 100% online and does not visit the UW-Superior campus.