

Guidance for Students who have Tested Positive, had an Exposure, or are Experiencing Symptoms Related to COVID19

1. Please **do not** come to campus / work if you have tested positive, had an exposure, or are experiencing the following symptoms:

Fever or chills

Cough

Shortness of breath or difficulty breathing

Vomiting or Diarrhea

New loss of taste or smell

Sore throat

Muscle or body aches

This list does not include all possible symptoms. Visit the [CDC Website](#) for up to date information.

2. Contact your faculty to let them know you will not be able to participate in their course and let them know why. You should communicate to them; the reason of the absence, expected timeline of absence, and any specific requests related to assignments. While faculty are encouraged to be flexible, it is not guaranteed and ultimately up to them to consider the information and approve any requests and make any changes (this includes a course withdraw). If you need additional guidance with this process, you may contact the UCCS CARE Team through the Office of the Dean of Students. The CARE Team can be reached at: <https://dos.uccs.edu/care>

3. Stay home or in your residence hall (Self Isolate) except to get medical care

Stay home or in your residence hall. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home or residence hall, except to get medical care. Do not visit public areas such as, dining facilities, laundry rooms, or any areas outside of your room.

Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines as needed, such as acetaminophen, to help alleviate your symptoms.

Stay in touch with a medical provider . Call before you get medical care. Be sure to get care and/or call 911 if you have trouble breathing, or have any other emergency warning signs.

Avoid public transportation, ride-sharing, or taxis.

If you'd like to receive text messages with information about support available during isolation and/or quarantine, report your symptoms to [Colorado COVID Symptom Support tool](#). For additional information related to self-isolation visit the [CDCs Website](#).

4. Contact the UCCS Wellness Center: <https://www.uccs.edu/recwellness/>

In person and telehealth appointments can be made with a medical provider at the Wellness Center by calling 719-255-4444. Be sure to call ahead for an appointment as walk in appointments will not be available.

Students living on campus should notify the Wellness center immediately if they have concerns about COVID.

5. Do you Need to be tested?

Anyone with symptoms should get tested, stay away from others and follow the stay at home instructions as spelled out in Item 3, above. Click [here](#) to find testing sites near you. Students making appointments at the UCCS Wellness Center may receive testing as part of their appointment.

6. Contact Tracing – Students who test positive for COVID-19 must self-isolate as instructed above, contact the UCCS Wellness Center at 719-255-4444. and follow current CDC guidance. To help determine the risk of potential exposure to others on campus, the UCCS Wellness Center will conduct contact tracing with the individual who has tested positive. Exposed individuals will be given directions for quarantine if needed, instructed on what symptoms to monitor for, and provided any other pertinent instructions based on their risk of exposure. Privacy of the individual who tested positive will be maintained to the highest extent possible.

7. Safe return to school –

If an individual had symptoms, recovery status (and clearance to return to campus/work) is assigned when:

- 1) the individual remains fever-free without the use of fever reducers for 72 hours, **and**
- 2) symptoms have improved, **and**
- 3) it has been at least 10 days since their symptoms first appeared. If the individual tested positive for COVID-19 but had no symptoms, the individual can be cleared to return 10 days after the test as long as the individual does not develop symptoms. If the individual develops symptoms, then the individual must follow the recovery strategy for those with symptoms. Notification for return to on-campus activities is directed through the Human Resources Department. For additional information related to Safe return to work visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/when-its-safe.html>