

COVID-19 Flowcharts for Students

SYMPTOMATIC

www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

Call Health Services at 608-796-3806

TEST NOT RECOMMENDED

- Maintain your current housing.
- Monitor your symptoms and follow Health Services guidance.
- Limit your contact with others.
- Contact Health Services if symptoms worsen or don't improve in 3-5 days.
- Practice good hygiene and follow safety protocols.

TEST RECOMMENDED

Health Services completes an intake form. The student will be tested and must quarantine** until the test results are known.

IF NEGATIVE:

- Quarantine** in designated on-campus housing or at home for 14 days.
- You may return to normal activity after your 14-day quarantine** period ends if you are fever and symptom free without meds for 24 hours and you are cleared by Health Services.
- Maintain contact with Health Services.
- Utilize Counseling Services and mental health support services.

IF POSITIVE:

- Isolate* in Treacy or at home for at least 10 days after the test.
- You may return to normal activity after your 10-day isolation* period ends if you are fever and symptom free without meds for 24 hours and you are cleared by Health Services.
- Maintain contact with Health Services.
- Utilize Counseling Services and mental health support services.

ASYMPTOMATIC

BUT CAME IN CONTACT WITH A POSITIVE CASE

Call Health Services at 608-796-3806

TEST NOT RECOMMENDED

- Maintain your current housing.
- Monitor your symptoms and follow Health Services guidance.
- Contact Health Services if symptoms develop.
- Practice good hygiene and follow safety protocols.

TEST RECOMMENDED

Health Services completes an intake form. The student may be asked to have a test done after contact with a positive case or if they are symptomatic. Student must then quarantine until the test results are known.

IF NEGATIVE:

- Quarantine** in designated on-campus housing or at home for 14 days from last contact with a positive-testing individual.
- You may return to normal activity after your 14-day quarantine** period ends, if you are symptom free and cleared by Health Services.
- Maintain contact with Health Services.
- Utilize Counseling Services and mental health support services.

IF POSITIVE:

- Isolate* in Treacy or at home for 10 days after the test.
- You may return to normal activity after your 10-day isolation* period ends if you are fever and symptom free without meds for 24 hours and you are cleared by Health Services.
- Maintain contact with Health Services.
- Utilize Counseling Services and mental health support services.

COVID-19 Information for Students

Definitions and Expectations:

If you are in isolation* or quarantine**, you are not to leave your apartment or room for any reason unless it is an emergency.

***Isolation** separates *sick people with a contagious disease* from people who are not sick.

****Quarantine** separates and restricts the movement of *people who were exposed to a contagious disease* to see if they become sick.

What will Viterbo do if I get tested for COVID-19?

If you live on-campus, we will:

- alert your roommate(s) and RA once you go into isolation* or quarantine**.
- provide you with safe isolation* housing—including a pillow, blanket, sheet set, and towel/washcloth—on campus as space is available.
- notify limited university staff of your isolation*, including Residence Life and Athletics, if applicable.
- contact your faculty to let them know of your upcoming approved absence in a neutral way.
- have Health Services check in with you daily and provide direction on monitoring your symptoms.
- have Counseling Services reach out to offer you support (with your consent).
- coordinate meals for you through Dining Services.
- work with Physical Plant to clean your assigned housing.
- notify the Viterbo community of your positive case in a non-personally identifiable way and consult with the La Crosse County Health Department.

If you live off-campus, we will:

- notify your faculty and key university staff.
- have Health Services check in with you daily and provide direction on monitoring your symptoms.
- have Counseling Services reach out to offer you support (with your consent).
- coordinate meals for you through Dining Services (if you have a meal plan).
- notify the Viterbo community of your positive case in a non-personally identifiable way and consult with the La Crosse County Health Department.

What should I do if I am exposed or experiencing symptoms?

- Contact Health Services at 608-796-3806 immediately if you haven't already, follow the steps they recommend, and remain in contact with them until all steps are completed. If you are unable to reach Health Services, instructions will be provided in the voicemail message.
- Utilize Counseling Services and other mental health support services. Exposure to and positive diagnosis of COVID-19 can be incredibly stressful. Those experiencing symptoms such as difficulty sleeping, eating more or less than usual, inability to focus/concentrate, concerns about the ability to complete coursework/tasks, periods of unexplained crying, feelings of exhaustion, etc. are strongly encouraged to have these issues addressed through mental health support.
- Continue to exhibit good safety and hygiene practices.
- Stay in your current residence at all times to limit potential spread and exposure
- Focus on taking care of yourself.

If Health Services recommends you get tested, you should:

- contact your parents or guardians. This is the student's responsibility. Viterbo will not contact parents or guardians unless it is an emergency.
- continue to exhibit good safety and hygiene practices.
- utilize Viterbo resources and support services to take care of yourself.

If you test positive for COVID-19, you should:

- contact Health Services at 608-796-3806 immediately.
- continue isolation*.
- comply with local county health department officials and contact tracers.