



UChicago Student Wellness

Informational Packet for Students Who Are Quarantined Due to Exposure to COVID-19

wellness.uchicago.edu



UChicago Student Wellness

Dear Student,

You are receiving this packet of information because you are a close contact of someone who tested positive for COVID-19. We understand having to quarantine can be unsettling. Please know that we are here to support you.

Not only do we want to make sure you are doing well physically, we want to make sure you have the support to tend to your mental wellbeing. UChicago Student Wellness has a variety of services, and we encourage you to reach out to us for support.

Student Wellness Resources

Medical

- For appointments, call 773.834.WELL or visit [my.WellnessPortal](#). When calling for an appointment or advice, a member of our medical team will discuss your questions or concerns with you. Whenever possible, we will seek to deliver care virtually. If it is necessary to be seen in person, we will do everything we can to arrange an appointment as soon as possible. Please call UChicago Student Wellness first; please do not walk into the clinic without an appointment.
- You can reach our Nurse Advice Line 24/7 by calling 773.834.WELL. Students on the University Student Health Insurance Plan (U-SHIP) may also reach a doctor 24/7 by visiting [telehealth4students.com](#) or calling 855-866-0895. Students not on U-SHIP may use this option; however, we encourage you to contact your insurance provider, as many insurance companies offer low- or no-cost telemedicine options.

Counseling and Mental Health Support

- Call 773.702.3625 to reach our Therapist-on-Call, who is available 24/7 to discuss your mental health concerns and provide support.
- For general inquiries or to schedule a virtual/Zoom initial appointment with a clinician, call 773.834.WELL or visit [my.WellnessPortal](#) to book online.
- Let's Talk provides easy access to free, informal, and confidential consultations with therapists. No appointment is necessary. In addition, support spaces, groups, and workshops are available to support an array of mental health needs. **Further information on mental health options is available in this packet and on [wellness.uchicago.edu](#).**

Wellness Programming

UChicago Student Wellness is offering a number of programs online, including [mindfulness](#), [wellness coaching](#), and others. Visit [wellness.uchicago.edu](#) for an updated list of programs.

We encourage you to reach out to our offices if you have any questions, concerns, or are in need of medical or mental health support.

Sincerely,

Richard McDonough, MD, Senior Medical Director

Meeta Kumar, PhD, Director of Student Counseling



UChicago Student Wellness

Supportive Mental Health Options

In addition to the full range of counseling and psychiatric services that can be found at wellness.uchicago.edu, these tailored options have been designed to help address the unique challenges students are currently facing. As a reminder, students have 24/7 access to a Therapist-on-Call by calling 773.702.3625.

Hybrid Let's Talk

- **Virtual Let's Talk**
 - Wednesdays, 1-2pm
 - Fridays, 3-4pm
- **In-Person Let's Talk**
 - Mondays, 12-1 pm
 - Location: Center for Identity + Inclusion, Room 301

What: Let's Talk provides easy access to free, informal, and confidential consultations with therapists from UChicago Student Wellness. No appointment is necessary. If you prefer, you do not have to give your name. Let's Talk is open to all UChicago undergraduate and graduate students.

How: Visit wellness.uchicago.edu/letstalk to sign up for virtual Let's Talk sessions; students can drop-in to the in-person sessions.

Hybrid Support Spaces

When: Dates throughout Autumn Quarter

What: Support spaces for DACA/Undocumented Students, LGBTQ+ Students, and Students of Color help students to stay connected and allow them to discuss challenges they're facing.

How: Visit <https://wellness.uchicago.edu/weeklyworkshops> to learn more about our offerings.

Virtual Group Therapy

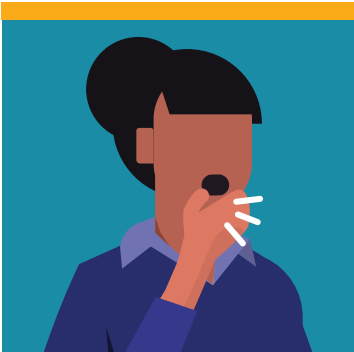
When: Dates throughout Autumn Quarter

What: Therapy groups create a welcoming, nonjudgmental environment where students can feel comfortable being open and honest about their struggles or current life situations.

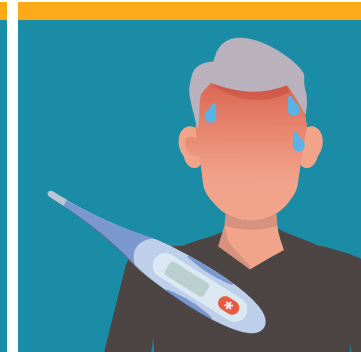
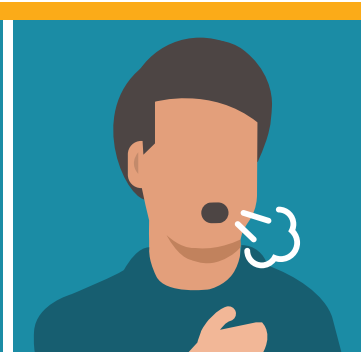
How: For more information on joining a group, visit wellness.uchicago.edu/therapygroups or contact [Tab Shamsi, PsyD](#).

Symptoms of Coronavirus (COVID-19)

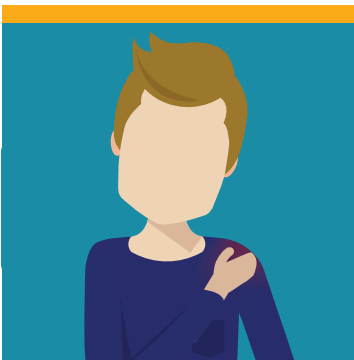
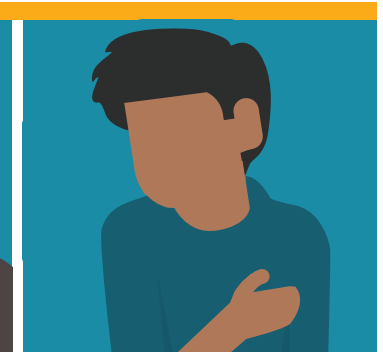
Know the symptoms of COVID-19, which can include the following:



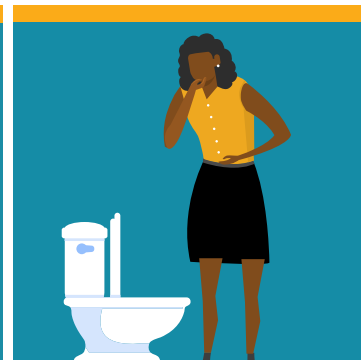
Cough, shortness of breath or difficulty breathing



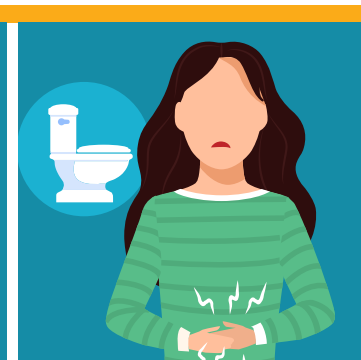
Fever or chills



Muscle or body aches



Vomiting or diarrhea



New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



UChicago Student Wellness

Monitoring Your Temperature

We recommend taking your temperature orally twice a day, once in the morning and once at night. You have been given a digital thermometer; it is important to use it correctly in order to get an accurate temperature.

How to Use and Read an Oral Thermometer

- Refrain from eating or drinking 30 minutes prior to taking your temperature.
- If you prefer your reading in Celsius, set your thermometer to Celsius by holding down the multifunction button for 5 seconds while the thermometer is off. This will allow the thermometer to go from Fahrenheit to Celsius and back.
- Press the “on” button once.
- Place the thermometer under your tongue until you hear a beep.
- Remove the thermometer.
- Record the temperature displayed on the screen in a simple log that lists the date and your temperature at morning and at night.
- Turn off the thermometer and wipe the thermometer with an alcohol wipe. Allow it to air dry.

Why do I have to check my temperature?

A rise in body temperature can signal that your body is fighting an infection. Returning to a more normal temperature for two or more days is a sign that you are recovering.

What is a normal temperature?

The normal body temperature is 98.6°F or 37°C; however, for some people, this may fluctuate one to two degrees Fahrenheit (or half a degree to one degree Celsius).

What is a fever?

The CDC describes a fever as 100.4°F or 38°C or higher. When you have a fever, you may have chills and feel uncomfortable. You can take two tablets of extra-strength Tylenol for a fever every 6 hours while symptoms last. Do not to exceed 6 tablets in 24 hours, unless directed by a doctor.

Please contact UChicago Student Wellness at 773-834-WELL if your temperature reaches 102°F or 38.8°C or higher and it does not go down with Tylenol after 1 hour.

Sources:

<https://my.clevelandclinic.org/health/articles/9959-thermometers-how-to-take-your-temperature>

<https://www.medscape.com/answers/820200-27207/what-are-the-recommended-maximum-daily-dosages-of-acetaminophen-in-adults-and-children>

WASH YOUR HANDS

IN ORDER TO KEEP YOURSELF
AND THE UCHICAGO
COMMUNITY HEALTHY, WASH
YOUR HANDS THOROUGHLY
AND REGULARLY.

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FOLLOW THESE SIMPLE
INSTRUCTIONS TO REMOVE
GERMS AND AVOID THE
SPREAD OF GERMS TO THOSE
AROUND YOU.

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.



2. Lather your hands by running them together with soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



3. Scrub your hands for at least 20 seconds.



4. Rinse hands well under clean, running water.



5. Dry hands using a clean towel or air dry them.



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The logo consists of a teal speech bubble pointing down and to the right, and a red speech bubble pointing down and to the left. The two bubbles overlap in the center, creating a dark red rectangular area. Inside this dark red area, the text "UCHICAGO" is in white, bold, sans-serif font. Below it, the word "HELP" is in a much larger, white, bold, sans-serif font. At the bottom of the dark red area, the words "WE CARE" are in a smaller, white, sans-serif font.

UCHICAGO
HELP
WE CARE

Learn more at
help.uchicago.edu
or use the
UChicago Safe App



THE UNIVERSITY OF
CHICAGO

**Campus &
Student Life**

Resources available to support students navigating academic and personal difficulties:

- **University of Chicago Police Department (UCPD):** 773.702.8181 or 123 from a campus phone
- **Dean-on-Call:** Call UCPD or use the UChicago Safe App
- **Sexual Assault Dean-on-Call:** Call UCPD or use the UChicago Safe App
- **Bias Education & Support Team:** help.uchicago.edu/BEST
- **UChicago Student Wellness (medical, counseling, and health promotion):** 773.834.WELL
- **Therapist-on-Call (24/7):** 773.702.3625
- **University of Chicago Emergency Department:** 773.702.6250
- **Office for Sexual Misconduct Prevention & Support:** 773.834.OEOP (6367)