



**UChicago Student Wellness**

# **Informational Packet for Students Who Test Positive for COVID-19: A Guide for Students Living Off-Campus**



# UChicago Student Wellness

Dear Student,

You are being provided this packet of information because you have tested positive for COVID-19. We understand that this 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

### Emergencies

- If you feel you need immediate treatment of very serious or critical conditions, call 911 or go to the nearest emergency room. If possible, call the emergency room before arriving and let them know that you have tested positive for COVID-19.

The University of Chicago Medicine's Emergency Department is located at:

5656 South Maryland Avenue  
773.702.6250

### Medical

- Our on-campus physicians and clinicians are available to meet with you virtually, free of charge. You may call 773.834.WELL for virtual appointments or medical advice. Also, a nurse is available to speak with you 24/7 to discuss any questions or concerns you may have.
- Students on the University Student Health Insurance Plan (U-SHIP) may reach a doctor, 24/7, free of charge by visiting [telehealth4students.com](http://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 make an appointment with a clinician, call 773.702.9800.
- Drop-in counseling sessions are available through Zoom Monday through Friday. We also offer virtual Let's Talk drop-in sessions, which provides easy access to free, informal, and confidential consultations with therapists, in addition to virtual workshops and therapy groups. Further information on supportive mental health options is included in this packet and on [wellness.uchicago.edu](http://wellness.uchicago.edu).

### Wellness Programming

- UChicago Student Wellness is offering a number of programs online during Autumn Quarter, including mindfulness, wellness coaching, and others. Visit [wellness.uchicago.edu](http://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

## When to Seek Emergency Assistance When You Have COVID-19

You should always seek treatment immediately if you feel your symptoms are truly serious. If you are experiencing any of the following symptoms, call 911 and/or go to the emergency room:

- Difficulty breathing or shortness of breath;
- Difficulty speaking;
- Chest or upper abdominal pressure or pain;
- Confusion;
- Any sudden or severe pain; or
- Severe or persistent vomiting or diarrhea.

**The UChicago Medicine Emergency Room is located at:  
5656 South Maryland Avenue  
773.702.6250**

If you are not sure if you should seek immediate medical attention, please call the UChicago Student Wellness Nurse Line, available 24/7, at 773-834-WELL.

Source: <https://www.hhs.gov/blog/2020/04/17/when-to-seek-emergency-care.html>



## **Isolating for COVID-19: A Guide for Students Living Off Campus**

The news that you have tested positive for COVID-19 may be disconcerting, but the University of Chicago is here to support you as you navigate this period. The following guide will help you understand what you need to do and what resources are available to you.

Given that you have tested positive for COVID-19, you are advised to isolate in your home. While no one wants to stay away from the rest of campus, the goal is to enable you to recover while also protecting others from exposure to illness. Even if you are asymptomatic, staying in isolation will help keep others safe while you are contagious.

### **Isolation Period**

According to the Centers for Disease Control and Prevention, isolation is used to separate sick people from healthy people. While in isolation, you should not leave your home unless you need to seek medical assistance.

Following guidelines from the CDC and the Chicago Department of Public Health, people in isolation housing are required to remain until:

- A. At least 10 days have passed since the onset of symptoms (or if the individual is asymptomatic, at least 10 days since the administration of the positive test),
- B. At least one day (24 hours) has passed since the resolution of fever without the use of fever-reducing medications, and
- C. Other symptoms have improved.

In short, you will need to be in isolation for at least 10 days from the start of your symptoms or the date of your positive test. You may need to stay in isolation longer if you still are not getting better before the 10 days are up.

The University's Contact Tracing Team will contact you after you have spent 10 days in isolation. If you meet the CDC criteria above, the Contact Tracing team will clear you to end your isolation period.

### **Support Is a Phone Call or Click Away**

You are a valued member of the UChicago community, and your health and wellbeing are important to us. We are here to assist you if you need help.

#### **UChicago Student Wellness (Medical Support)**

773.834.WELL (available 24/7)

#### **UChicago Student Wellness (Counseling and Mental Health Support)**

773.702.3625 (available 24/7)

#### **Dean-on-Call**

Call UCPD at 773.702.8181 and ask that they page the Dean-on-Call. Be prepared to leave a 10-digit call-back number.

#### **Area Dean of Students**

[csl.uchicago.edu/get-help/area-dean-students](http://csl.uchicago.edu/get-help/area-dean-students)

#### **University of Chicago Medicine's Emergency Department**

773.702.6250 (available 24/7)

**If you feel you need immediate treatment of very serious or critical conditions, call 911.**

**If you decide to go to the emergency department on your own, if possible call the ED prior to your arrival so they can be prepared to potentially isolate you when you arrive.**



## **Isolating for COVID-19: A Guide for Students Living Off Campus (Continued)**

If you are in the Voluntary Surveillance Testing Program, you will be automatically removed from the program for 90 days after testing positive for COVID-19.

### **Living with Roommates**

If you test positive for COVID-19 and live with roommates, the [CDC](#) recommends that you:

- Separate yourself from others and stay in a specific “sick” bedroom or space and use a different bathroom (if possible).
- Wear a mask over your nose and mouth if you must be around other people or pets in your home.
- Clean and disinfect high-touch surfaces in your “sick room” while wearing disposable gloves. Disinfect the bathroom after every time you use it.
- Eat separately from your roommates, and do not help with preparing food.
- If possible, have only one person in the household care for you if you need assistance. Anyone who is in the same room with you for any period should wear a mask, clean their hands often, and avoid touching their eyes, nose and mouth with unwashed hands.

### **Medical and Mental Health Care**

Please take your temperature daily and monitor your symptoms.

**You can reach the UChicago Student Wellness Nurse Advice Line 24/7 at 773.834.WELL to discuss any questions or concerns you have. If you develop symptoms or need medical triage/help while in isolation, please call UChicago Student Wellness and a nurse will determine if you should leave the premises to seek medical attention. Please dial 911 in case of emergency.**

If you'd like counseling and mental health support, please call 773.702.9800 to make a virtual appointment with UChicago Student Wellness. When you call, please let us know you have tested positive for COVID-19 if you are comfortable sharing that information. Drop-in counseling sessions are also available via Zoom Monday through Friday, and you can reach the Therapist-on-Call 24/7 at 773.702.3625 to discuss your mental health concerns. Visit [wellness.uchicago.edu](http://wellness.uchicago.edu) for more details.

### **Communication with Family**

Your personal health information is confidential. You will need to sign a [release](#) and email it to [sccimm@uchospitals.edu](mailto:sccimm@uchospitals.edu) before UChicago Student Wellness staff will be able to speak with your parents or other family members or friends. Housing & Residence Life will not discuss health information with parents or guardians.



## **Isolating for COVID-19: A Guide for Students Living Off Campus (Continued)**

### **Home Deliveries**

UChicago GRAD has a [list of services](#) that may be helpful for students who must isolate at home, including grocery and food delivery, pharmacy delivery, pet supplies delivery, and laundry services.

### **Care Packages and Cleaning Kits**

Free care packages and cleaning kits are available by request for off-campus students in isolation in the Chicagoland area. They can be requested [via an online request form](#) and will be delivered the next business day.

### **Frequently Asked Questions**

#### **Q: Can I leave my residence while in isolation for any reason?**

A: According to public health restrictions for COVID-positive patients, you may only leave your residence for medical care. Before coming to the Student Wellness Center, we encourage you to call UChicago Student Wellness at 773-834-WELL so we can determine if a telehealth or in-person visit is best for you.

#### **Q: Who should I contact if I need to isolate off-campus, but I (or my roommates) have additional questions or concerns about living arrangements?**

A: Please contact your [area dean of students](#) if you need help looking into options for the isolation period. For health-related questions, contact UChicago Student Wellness at 773-834-WELL.

#### **Q: Once I'm done with isolation, can I stop using normal precautions like wearing a face covering or social distancing?**

A: No, you must continue following the same rules after isolation. In order to recover from COVID-19, you will develop some immunity, but we don't know how long that will last. For the safety of our community, everyone is required to continue following the same precautions—including wearing a face covering and maintaining social distance.

#### **Q: Should I continue to take classes while in isolation?**

You are welcome to attend classes remotely if you are able. Remote options are available for virtually all classes. While you are under no obligation to inform your instructor of your health status, if the mode of instruction for your class is in-person or blended, you should let your instructor know that you will not attend the in-person portion of the class. You should follow up with your advisor if you require additional academic support.



## Supportive Mental Health Options During Autumn Quarter 2020

In addition to the full range of counseling and psychiatric services that can be found at [wellness.uchicago.edu](https://wellness.uchicago.edu), these tailored options have been designed to help address the unique challenges students are currently facing.

### **Virtual Let's Talk**

**When:** September 28–December 11

- Mondays, 12–1 p.m.
- Wednesdays, 1–2 p.m.
- Fridays, 3–4 p.m.

**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:** Email [Khanh Nghiem](mailto:khanh.ngiem@uchicago.edu) to request the Zoom link and password for the day you're interested in attending. During Virtual Let's Talk, sign in using the Zoom link and password. You will be placed in the virtual waiting room until a therapist is available to speak with you.

For more information, visit [wellness.uchicago.edu/letstalk](https://wellness.uchicago.edu/letstalk).

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### **Virtual Weekly Workshops and Support Spaces**

**When:** Dates throughout Autumn Quarter

**What:** The virtual workshops offered this quarter are: Maintaining Resilience Through Effective Coping; Overcoming Procrastination; and Body Confidence. In addition, support spaces for International Students, LGBTQ+ Students, and Students of Color help students to stay connected and allow them to discuss challenges they're facing.

**How:** Visit [wellness.uchicago.edu/weeklyworkshops](https://wellness.uchicago.edu/weeklyworkshops) to learn more about our offerings and register.

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## **Supportive Mental Health Options During Autumn Quarter 2020 (Continued)**

### **Virtual Group Therapy**

**When:** Wednesdays at 1 p.m.

**What:** Therapy groups create a welcoming, nonjudgmental environment where students can feel comfortable being open and honest about their struggles or current life situations. UChicago Student Wellness is offering two therapy groups in Autumn Quarter 2020: Recognition, Insight, and Openness (RIO) and Feel Better Fast: Help for Depression, Anxiety, and Stress.

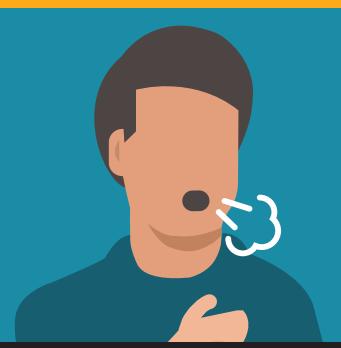
**How:** For more information on joining a group, visit [wellness.uchicago.edu/therapygroups](https://wellness.uchicago.edu/therapygroups) or contact [\*\*Tab Shamsi, PsyD.\*\*](#)

# 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.



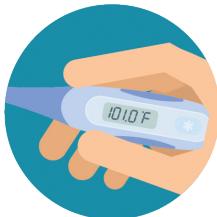
[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# 10 Ways to Manage Your Health at Home When You Have a Viral Illness

1. **Stay home** from work and school. And stay away from other public places. Do not use any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call UChicago Student Wellness at **773.834.WELL.**



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them you tested positive for COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have tested positive for COVID-19.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. If you live with others, **stay** in a specific room and **away from other people** as much as possible. Also, you should use a separate bathroom, if available. If you need to be around other people, wear a mask.



9. **Avoid sharing personal items** like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.





## At Home Care for Covid-19

**You have a viral syndrome.** This may include symptoms like muscle aches, fevers, chills, runny nose, cough, sneezing, sore throat, throwing up, or diarrhea (watery stools).

- Most patients with COVID-19 have mild symptoms and recover on their own. Resting, staying hydrated, and sleeping are often helpful.
- The elderly or anyone with serious medical issues may have worse symptoms.
- If your general health is well, you will be able to treat your symptoms with liquids by mouth and medicines for fever, cough, and pain.

### Staying at Home

- **Do not leave your home, except to get medical care.** Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis.
- **Do not have contact with other people or animals in your home.** This is so you will not spread the infection. Stay in a separate room and use a separate bathroom, if possible.
- **You must isolate** until at least ten days have passed since symptoms first appeared or you tested positive, at least one day (24 hours) has passed since resolution of fever without the use of fever-reducing medications, and other symptoms have improved.

### Precautions at Home

- **If you get sicker you may need to go to the Emergency Department or contact your doctor. This includes having difficulty breathing, chest pain, not able to eat or drink much, throwing up, diarrhea (watery stools), or feeling weak.**
- **Do not share personal household items** including dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, wash them really well with soap and water.
- **Do not touch your eyes, nose, and mouth with unwashed hands.**
- **Cover your mouth and nose with a tissue when you cough or sneeze.** Throw used tissues in a lined trash can and then wash your hands with soap and water right away for at least 20 seconds or with an alcohol-based hand sanitizer.
- **Wash your hands often with soap and water for at least 20 seconds.** If you do not have soap and water, use an alcohol-based hand sanitizer with at least 60 percent alcohol.
- Cover all surfaces of your hands and rub them together until they feel dry.
- Soap and water must be used if you can see dirt on your hands.

Content Adapted from UChicago Medicine, September 2020.  
[www.uchicagomedicine.org](http://www.uchicagomedicine.org)



# UChicago Student Wellness

## Cleaning Your Home

- **Clean high-touch surfaces every day.** This includes counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- **Clean any surfaces that may have blood, stool, or body fluids on them.**
- **Use a household cleaning spray or wipe to clean surfaces.** Follow the instructions for safe and effective use of the cleaner. This includes precautions such as wearing gloves and making sure you have good air ventilation when using the product.

## Precautions When Seeking Care at a Healthcare Facility

**Get medical attention right away if your illness gets worse** including having a fever or having difficulty breathing.

- If possible, call the emergency room ahead of time and let them know you tested positive for COVID-19.
- Put on a facemask before you enter the emergency room or before emergency medical services arrive.
- These steps will help keep other people from getting exposed.

## Resources for More Information

**Illinois Department of Health website:**

<https://www.chicago.gov/city/en/sites/covid-19/home.html>

**Centers for Disease Control and Prevention COVID-19 Website:**

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Content Adapted from UChicago Medicine, September 2020.

[www.uchicagomedicine.org](http://www.uchicagomedicine.org)



## 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 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>



## Preventing Dehydration

You may become dehydrated if your fluid intake isn't adequately maintained or you lose large amounts of fluids from diarrhea, vomiting, or sweating. Any illness with a fever, including COVID-19, can lead to dehydration. Severe dehydration is life-threatening.

To prevent dehydration, make sure you are drinking plenty of fluids, enough so that your urine is light yellow or clear. If you have kidney, heart, or liver disease and must limit fluids, talk with your doctor before you increase the amount of fluids you drink. If you do not feel like eating or drinking, try taking small sips of water, sports drinks, or other rehydration drinks such as Pedialyte.

**Watch for symptoms of dehydration, which include:**

- A dry, sticky mouth.
- Dark yellow urine, and not much of it.
- Dry and sunken eyes.
- Feeling very tired.

**Contact your doctor if:**

- You are not making tears.
- Your skin is very dry and sags slowly back into place after you pinch it.
- Your mouth and eyes are very dry.

**Seek immediate medical care if:**

- You are confused and cannot think clearly.
- You are dizzy or lightheaded, or you feel like you may faint.
- You cannot keep fluids down.

Source: <https://healthy.kaiserpermanente.org/health-wellness/health-encyclopedia/he.dehydration-care-instructions.tw12478>



## Care Packages and Cleaning Kits

Free care packages are available to students who have tested positive for COVID-19 and cleaning kits are available for students quarantining or isolating in a shared living environment. Packages and kits will be sent via no-contact delivery to students in the Chicagoland area. They can be requested [via an online request form](#) and will be delivered the next business day.

### **Care packages include:**

- Fuzzy Socks
- Tumbler
- Mug
- UChicago Blanket
- Gel Pack
- Flavored teas
- Lip balm
- Tissues
- Hand sanitizer
- Thermometer
- Extra-strength Tylenol
- Cepacol
- Robitussin
- Chicken noodle soup mix

### **Cleaning kits include:**

- Hand soap
- Hand sanitizer
- Oxivir (a disinfectant spray)
- Paper towels
- Dish Soap
- Sponge
- Reusable yellow gloves

# WASH YOUR HANDS

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

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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**[goforward.uchicago.edu](http://goforward.uchicago.edu)**



**UCHICAGO**  
**HELP**  
WE CARE

Learn more at  
[help.uchicago.edu](http://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](http://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)