FAQ Guidance for Students for COVID-19

How do I get vaccinated?
✓ Student Health is providing vaccinations for students, staff and faculty. Contact Student Health for more information at 308-865-8218 or unkhealth@unk.edu

As a student, how should I remain diligent about COVID symptoms?
✓ Pay attention to any changes in your health such as an elevated body temperature, the development of a cough, a sore throat or the loss of taste or smell.
✓ Be intentional about wearing a mask if you are around large crowds and not vaccinated. Be mindful of social distancing.
✓ Practice good hand hygiene and avoid touching the eyes, nose and face.

What do I do if I think I have COVID symptoms?
✓ Call Public Health Center at 308-865-8279 for consultation or make an appointment with Student Health at 308-865-8218.
✓ Refrain from attending class if you are sick.

Can I get a COVID test at Student Health?
✓ Yes. Contact Student Health if you believe you need a test. They will provide guidance as to whether you need a test or not.

What do I do if I test positive for COVID-19?
✓ Contact the Public Health Center even if you did not get the test from the Student Health clinic.

Will I have to be in isolation if I test positive?
✓ Yes. The Public Health Center will provide guidance for you regarding treatment and isolation. They will work with Residence Life to coordinate isolation if you live on campus.

Quarantine vs Isolation: What’s the difference?
✓ 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. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms. Quarantine doesn’t mean an individual can’t still live with their roommate.

What does a COVID test cost at the Student Health clinic?
✓ There is no cost for a COVID-19 test at Student Health.

How long will I have to stay in isolation?
✓ At least 7-10 days from symptom onset, depending on your situation.
✓ Your symptoms must be improving.
✓ You must be fever free for 24 hours without fever reducing medicine.
✓ Your medical provider will guide you about the timing of a safe return to campus life.
Should I tell my professor/instructor that I have tested positive for COVID-19?

✓ You are under no obligation to give your personal medical information.
✓ Be sure to communicate with your professor if you plan to be out so you can coordinate make-up work. Review the syllabus carefully for what to do if you are sick.
✓ The Public Health Center will contact anyone you have been in close contact with without disclosing your name.

Can I get an excused absence note for class?

✓ It is your responsibility to inform your instructors that you are quarantining or isolating when your request for this documentation is received at unkhealth@unk.edu.
✓ The Public Health Center will provide a medical clearance form for you to give to your professor/instructor. You must have this form to return to class.

What if my roommate tests positive for COVID?

✓ The Public Health Center will coordinate with the Office of Residence Life to provide an alternate living space for your roommate temporarily.
✓ Contact the Public Health Center if you believe you have been exposed.
✓ If you live off campus, the Public Health Center will give you guidance on how to quarantine.

Do I have to quarantine if I was exposed and not wearing a mask?

✓ If you have been exposed to a person who recently tested positive for COVID-19, were not wearing a mask and are not vaccinated, you will be required to quarantine.
✓ You do not need to quarantine if you can supply the Public Health Center with proof of vaccination. However, we expect that you monitor for symptoms for the next 14 days.

Can I leave my room if I am in quarantine?

✓ Being in quarantine means you have possibly been exposed to a person who has tested positive for COVID-19, or you are waiting on your own test results.
✓ It is recommended that you not leave your room unless given permission by the Public Health Center. They will provide guidance on quarantining in partnership with Residence Life.
✓ Medical consultation is available to you if you are in isolation or quarantine.