

# Coronavirus FAQ for Students: Symptoms, testing and reporting guidance

## How do I know if I have COVID symptoms?

- The best and easiest way is to download the Campus Clear app from your app store and track your temperature and any symptoms once a day.
- Campus Clear can be downloaded for free through the [Apple App Store](#) and [Google Play](#) or [on the web for PC](#).
- 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.



## How do I protect myself from the Coronavirus?

- Wear your mask and remember to stay at least six feet away from others.
- Get several washable masks - remember to wash your mask frequently and have disposable ones available if you're between laundry days.
- Practice good hand hygiene and avoid touching your eyes, nose and face. Wash your hands before and after you eat or go to class and places where you will be touching items that others have, such as equipment, doors and furniture.
- Do all this both ON and OFF the UNK campus.

## What do I do if I think I have COVID symptoms?

- Call [Public Health Center](#) at 308-865-8279 for consultation or a virtual appointment. Do not visit Student Health without calling first.
- Don't go to class if you feel sick. Email your instructor immediately with the information that you aren't feeling well. They will advise you on how to engage with your coursework remotely.

## Can I get a COVID test the Public Health Center?

- Yes. Contact the [Public Health Center](#) if you believe you need a test: 308-865-8279 or [unkhealth@unk.edu](mailto:unkhealth@unk.edu). They will provide guidance about testing options.

## What do I do if I test positive for COVID-19?

- Contact the [Public Health Center](#) at 308-865-8279 or [unkhealth@unk.edu](mailto:unkhealth@unk.edu) even if you did not get the test from UNK's health clinic.

## Are accommodations available if I test positive?

- Yes. Students can register with Disability Services: 308-865-8214, [unkdso@unk.edu](mailto:unkdso@unk.edu) for temporary accommodations. Disability services will get information from you and will send a letter to notify instructors of your needed accommodations.

## Will I have to be in isolation if I test positive?

- Yes. The [Public Health Center](#) 308-865-8279, [unkhealth@unk.edu](mailto:unkhealth@unk.edu) will provide guidance for you regarding treatment and isolation. They will work with Residence Life to coordinate isolation if you live on campus.

## What does a COVID test cost at the Public Health Center?

- There is no cost to the student in most cases. In some circumstances, there is a \$75 fee.

**How long will I have to stay in isolation?**

- At least 10 days from symptom onset.
- 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 activity.

**Should I tell my professor/instructor or friends or staff that I have tested positive for COVID-19?**

- You do not need to share your personal medical information with anyone.
- Review each course syllabus carefully for what to do if you are sick.
- You must notify your instructors in the manner noted in the syllabus that you are ill so you can coordinate makeup work.
- 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?**

- The [Public Health Center](#) will inform your instructors that you are quarantining or isolating when your request for this documentation is received at [unkhealth@unk.edu](mailto:unkhealth@unk.edu)
- Before returning to class or activities, the [Public Health Center](#) will provide a medical clearance form for you to give to your professor/instructor or staff.
- You must have this form to return to campus activities.

**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 while they are in isolation. The [Public Health Center](#) will assess the situation and likely ask you to quarantine in student housing.

**Is testing provided by the Public Health Center and is there a charge?**

- Yes. No “Walk-In” testing is currently available. Testing requires an appointment. Contact the Public Health Center if you believe you need a test: 308-865-8279 or [unkhealth@unk.edu](mailto:unkhealth@unk.edu). Staff will provide guidance about testing options.
- There is no cost in most cases. In some circumstances, there is a \$75 fee.

**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 attention and food will be provided for you if you are in isolation or quarantine.