

UIUC SHIELD RECOMMENDED GUIDELINES

for individuals undergoing campus COVID-19 testing

To obtain results, a UIN# and an active illinois.edu email and NetID are required. You will receive results via a secure message notification to your university email address. Obtain your results by entering your MyMcKinley portal, using your NetID. If you have downloaded and given the necessary permissions to your Illinois App, this alternative notification portal will soon be available as well. Results should be available in 24 hours but allow 4-7 days for notification.

All positive and negative results are reported to the Illinois Department of Public Health (IDPH) and are made available to the Champaign Urbana Public Health District (C-UPHD). You should not call C-UPHD to obtain your results. If your result is positive, a C-UPHD contact investigator will contact you. Make sure the phone number to reach you is correct on the Medicat intake form. Contact by someone at C-UPHD should occur within 24 hours for positive results only. Most McKinley staff do not have access to your results.

Should you have questions or have not received results in the time-frame allowed, please review <https://covid19.illinois.edu/>. Contact information is available on the webpage.

What should you do about social engagement, school, or work while you wait for test results in helping determine your safety status?

- Inform your supervisor as may be required you have been tested for COVID-19 and note the date of testing.
- Self-isolate at home in quarantine. If possible, avoid contact with those you live with as well as others.
- If you must be around others, and have no fever, cough, shortness of breath, or flu-like symptoms, be very careful to distance yourself from others and wear a mask covering your mouth and nose.
- If you are ill, call your doctor. Your symptoms may be due to another condition that requires prompt evaluation and treatment.

What should you do to protect yourself and others while you wait for test results?

If you are ill:

- Stay in touch with your doctor. Keep in mind your symptoms may be due to another condition that requires prompt evaluation and treatment.
- Stay at home except for medical appointments. Call ahead before visiting your doctor.
- As much as possible, stay in a specific room and away from other people and pets.
- If you must be around other people or animals, wear a face cloth over your nose and mouth.

Whether or not you are ill:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are or may be sick. Put distance of at least 6 feet between yourself and others when possible.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean all "high-touch" surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.
- Cover coughs and sneezes – sneeze into your elbow with your head down.
- If able to be tolerated (doesn't cause increased breathing difficulty), wear a facemask. Most people should be able to tolerate a facemask. If not, wear a face shield.

Monitor any symptoms

- Note the day any new symptoms begin.
- Check your temperature two times a day and call if your temperature exceeds 100.4.

Seek medical attention immediately if you develop any of the following emergency warning signs for COVID-19 or other medical emergencies:

- Extremely difficult breathing

- Keep a daily record of fever, cough and additional respiratory symptoms.
- Seek further evaluation from a health care provider via telemedicine or an in-person if your symptoms get worse. **Call ahead before visiting your doctor** and tell them you have been tested for COVID -19.

- Bluish lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Acting confused
- Difficult to wake up
- Slurred speech (new or worsening)
- New seizure or seizures that won't stop

This list is not all-inclusive. Consult your medical provider for any other symptoms that are severe or concerning.

TEST RESULTS

Our goal is to deliver results within 24 hours, but please allow up to 7 days for notification.

It is important we can reach you to discuss test results. Make sure the phone number to reach you is correct on the intake form. Results and recommendations will not be left via voicemail.

If you test **positive** for COVID-19, keep your entire household home. On the campus, your roommate(s) are considered members of your household.

- Most cases can be cared for at home.
 - Do not go to the hospital to seek care unless you have a medical emergency.
 - Stay in touch with your doctor
- Do not go to work, class, or social activities. Isolate at home.
- Notify the Student Assistance Center of your positive test result by calling (217)333-0050 or email helpdean@illinois.edu
- Monitor your symptoms as described on the preceding page.
- Seek medical attention if you develop ANY of the following:
 - ❖ Extreme difficulty breathing
 - ❖ Bluish lips or face
 - ❖ Constant pain or pressure in the chest Severe constant dizziness or lightheadedness
 - ❖ Difficult to wake up
 - ❖ Slurred speech (new or worsening)
 - ❖ New seizures or seizures that won't stop

What should you expect?

- Most people experience minor symptoms such as fever and cough.
- Over-the-counter medications that lesson symptoms of fever and cough may help. It is important to get rest and drink plenty of fluids.
- There is currently no vaccine to prevent COVID-19.

When does home isolation end if you tested positive?

- " If you test positive for COVID -19, stay home and limit contact with others until:
 - You have been fever-free for at least 3 days without using medicine that reduces fevers AND
 - Your respiratory symptoms (e.g., cough, shortness of breath) have improved AND
 - At least 10 days have passed since your symptoms first appeared.

OR

 - You have been fever-free and symptom free for at least 3 days without using medicine that reduces fevers AND
 - Your 2-follow-up COVID tests, separated by 24 hours, are negative.

If you test **negative** for COVID-19

- You are probably not infected at this time.

- ❖ However, false negative results do occur. If you are getting sicker, you should contact your physician and retesting should be considered. Most people with COVID test positive within four days of onset of symptoms.
- ❖ Also, it can take up to 14 days after exposure for illness to occur. If you have been exposed, you might test positive at a later date.
- Continue to practice all protective measures.
- As long as the virus that causes COVID-19 is spreading in your community, continue to follow recommendations to protect yourself, including practicing social distancing; washing your hands often, avoiding touching your face and avoiding social gatherings according to local guidance.
- Follow guidance from your health care provider and your state and local health departments.

For more information, visit: coronavirus.illinois.gov

COVID-19 Local Resources: <https://covid19.illinois.edu/>

McKinley Health Center

McKinley Health Center is rapidly expanding its telehealth capabilities. We are here to support students who are still in the Champaign-Urbana area, as well as those who may have returned home.

- To speak to McKinley’s Dial-A-Nurse or be evaluated for an appointment, call 217-333-2700.
- Complete a coronavirus symptom check by using the CDC’s Coronavirus Self-Checker Champaign-Urbana Area Resources

Carle: Phone: (217) 902-6100

- Visit carle.org for an online screening tool and patient information about COVID-19.
- A smartform will guide patients through a series of questions to assess their symptoms and risk and provide guidance on how, where or if a patient should seek care.

Champaign-Urbana Public Health District: Phone: (217) 239-7877

Email coronavirus@c-uphd.org

- c-uphd.org
- Updated information available at c-uphd.org
- Follow Champaign-Urbana Public Health District on Facebook for up-to-date information.

Christie Clinic (8 am – 5 pm; Monday – Friday): Phone: (217) 366-4070

- Visit christieclinic.com or follow Christie Clinic on social media for the most up to date information on COVID-19.
- Christie Clinic has an authorized testing facility outside the Christie Clinic on Windsor location.
- Patients identified through screening to need testing will be directed to this location.
- Patients need to call ahead before coming to the drive through testing location.
- Specific instructions for our obstetrics patients and Transformations Medical Weight Loss program clients are located at christieclinic.com/news/coronavirus

OSF: Phone: (833) 673-5669

- The COVID-19 Nurse Hotline is staffed by OSF registered nurses around the clock, and during times of heavy usage will be staffed by other OSF health care professionals.
- Clare, the virtual assistant chatbot on osfhealthcare.org, is equipped to begin screenings for and educate the public about COVID-19.
- OSF COVID Companion is a free text messaging tool that the public can use to receive guidance about COVID-19. To subscribe, users can text OSF to 67634.

