

When Students or Staff Are Ill

People with COVID-19 have reported a wide range of symptoms (including no symptoms) – these can range from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

The symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Symptoms such as:

Fever | Sore Throat | Cough | Diarrhea | Nausea or Vomiting | Severe Headache

may be caused by an illness that can spread to others (contagious illness)

Anyone with these symptoms should:

1. Stay home
2. Get tested for COVID-19 (PCR Test)
 - If the test is negative stay home until symptoms have been gone for 24 hours without the use of medication
 - If the test is positive you must isolate for 10 days from symptom onset or from positive test

*If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone