

# COVID-19

## WHAT TO DO IF YOU EITHER TEST POSITIVE OR ARE EXPOSED TO IT



Division of Student Affairs



Hearing you need to quarantine, or isolate may be worrisome, but the goal is to ensure your health and protect others by preventing from exposure to people who have or are suspected to have COVID-19.

If you need to quarantine or isolate, remember that **YOU ARE NOT ALONE!** A member of the UWM staff will contact you to ease your transition, help guide you to needed resources, and check on your personal well-being, physical and mental health.

### » GET WITH THE LINGO

#### **QUARANTINE**

a state, period, or place in which individuals not diagnosed with an illness but have been exposed to infectious or contagious disease are placed.

#### **ISOLATION**

is used to separate people infected with an infectious disease from people who are not infected.

## ANXIOUS AND STRESSED? YOUR FEELINGS ARE NORMAL!

WHILE IN QUARANTINE OR ISOLATION, YOU MAY EXPERIENCE A RANGE OF FEELINGS:

- » Anxiety, worry, or fear related to your health status or that of others
- » Loneliness or feeling cut-off from your support systems and others
- » Boredom and frustration
- » Worry about not having personal items with you or not performing your usual routine
- » Uncertainty or concern about how long you will need to remain in this situation
- » Sadness or depression
- » Conflicted over feeling excitement to have some alone time to rest
- » Anger or resentment at the inconvenience

If you experience these feelings, please reach out to **University Counseling Services** to assist you as you navigate the complexity of feelings associated with these unusual circumstances, call 414-229-4133

# EXPECTATIONS THAT APPLY TO ALL STUDENTS PLACED IN QUARANTINE AND ISOLATION

## DO

- Use UWM resources for help. We are here to assist you.
- Communicate through digital means
- Conduct daily health checks
- Monitor temperature twice daily
- Report any fever 100.4 degrees or greater
- Communicate with Norris Health Center regarding symptoms
- Identify close contacts to protect the community
- Call 911 for serious or critical conditions

## DO NOT

- Have ANY physical visitors while in quarantine or isolation
- Leave the premises, unless in emergency
- Go to medical facility without calling first so they can prepare
- Seek additional medical services without discussing with Norris Health Center first
- Change the terms of your quarantine or isolation without the consultation of a medical or public health professional
- Assume you can leave quarantine just because you got a negative test result

## SELF-CHECK YOUR HEALTH QUARANTINE REQUIREMENTS/GUIDELINES



### YOU WILL WANT

- Digital Thermometer
- Tylenol or Ibuprofen (for fever)
- Alcohol Wipes (for cleaning)
- Hand Sanitizer (when you can't wash)

### MONITOR FOR

- Fever getting worse, especially if 100.4°F or higher - if increasing, contact Norris immediately
- Cough
- Shortness of Breath
- Sore Throat
- Unexplained Fatigue
- New loss of taste or smell

## UWM RESOURCES – WHERE YOU CAN GO TO FOR HELP

**NORRIS HEALTH SERVICES**  
uwm.edu/norris | (414) 229-4716

**HEALTH PROMOTION & WELLNESS**  
uwm.edu/norris/health-services/about-health-promotion-wellness

**UNIVERSITY COUNSELING SERVICES** | Mon – Fri 8AM-5PM  
uwm.edu/norris/university-counseling-services | (414) 229-4133

**DEAN OF STUDENTS OFFICE**  
uwm.edu/deanofstudents | (414) 229-4632

