

What to Do If You Have Symptoms *(last updated 1-14-21)*

Dear Simpson University community:

As we continue to work with local health officials and Capsid Consulting on the best ways to keep campus as safe as possible, here is a reminder about what we are asking and recommending should you start experiencing symptoms:

Daily Self-Check for Symptoms: All Simpson University students and employees are required to monitor their health daily prior to coming to campus or leaving their residence hall.

What to Do If You Feel Sick

If an employee or student has **new or unexplained symptoms** of COVID-19 [as described by the CDC](#), such as a 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, vomiting, or diarrhea, please do the following:

1. **Get tested for COVID**
 - a. If you have symptoms and test negative for COVID, then you can return to campus activities 24 hours after your symptoms resolve.
 - b. If you test positive for COVID, see below.
 - c. Please submit all (positive and negative) COVID test results to covid@simpsonu.edu.
2. **Stay home** (“shelter in place”) for 10 days except for essential needs and to get medical care. See [10 Things You Can Do to Manage Your COVID-19 Symptoms at Home](#).
 - Notify your professors and/or work supervisor of your “remote” status.
3. **Monitor your symptoms.**
 - a. If your symptoms worsen (e.g., loss of taste and smell, fever, etc.), you have concerns about your symptoms, and/or you need additional care, you will need to return home and seek medical care. If it is not possible for you to go home, then you will be isolated on campus or in an alternate location.
 - b. If you have any question about your symptoms, or if you have underlying health conditions, please contact your healthcare provider (or [Simpson Care](#) 24/7 telehealth if you are a traditional undergraduate student). [See the CDC’s self-checker tool to help you make decisions about medical care](#).
4. **Stay away from other people as much as possible.**
5. **When to seek emergency medical attention:**
 - a. Look for emergency warning signs* for COVID-19. 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
 - Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
 - b. Call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19.

If You Test Positive for COVID-19

If a student or employee tests positive and has symptoms:

- Return home. For students not able to return home, isolation facilities are available on campus.

- Remain in [isolation](#) until at least 10 days since symptoms appeared, at least 24 hours with no fever (and no fever-reducing medication), and symptoms have improved.
- Notify covid@simpsonu.edu right away.

If a student or employee tests positive and has NO symptoms:

- Return home. For students not able to return home, isolation facilities are available on campus.
- Remain in [isolation](#) until at least 10 days have passed since the date of test.
- Notify covid@simpsonu.edu right away.

What to Do If You Come Into Close Contact with Someone Who Tests Positive *(updated 1-14-21)*

If you have come into close contact ([as defined by the CDC](#)) with someone who tests positive for COVID-19, even if you are not experiencing any symptoms, you will need to follow the self-quarantine orders provided by public health.

- **This will include a 10-day self-quarantine period from the date of last exposure.** If you are symptom-free after 10 days, you can end quarantine but still need to monitor symptoms closely through the end of day 14, as well as wear a mask and observe physical distance.
- It is suggested you wait 5-8 days before getting tested if you are asymptomatic; get tested immediately if you have symptoms.
- Please note that a negative test result does not end self-quarantine for close contacts.

Where to Get Tested in Shasta County *(updated 1-14-21)*

Testing is available for people with and without symptoms. Please [click this link](#) for a list of available testing sites in Shasta County.

For more information, see SU's Response Protocol and Reopening Plan at simpsonu.edu/coronavirus. If you have additional questions, email covid@simpsonu.edu.

-Simpson University COVID Task Force