**OLES CARE. TOGETHER.**

**STEP 1**

**SELF-ISOLATE**

Stay in your room
Don’t attend class or participate in activities.
Monitor your temperature and other symptoms.

**COMPLETE THIS FORM:**

**STEP 2**

**I HAVE COVID-19 SYMPTOMS**

**I AM A CLOSE CONTACT**

Testing
Contact tracing will email you with more information and facilitate testing

**CONTACT HEALTH SERVICES**

Call 507-786-3063.
Report your symptoms.
Will schedule an appointment if needed.

**QUARANTINE**

If you are not fully vaccinated,
14 days from last exposure regardless of your test result
(you cannot test out of quarantine).

**STEP 3**

**NEGATIVE TEST**

Monitor
Continue to monitor your symptoms and follow the direction of health services.
The Testing Team will facilitate a follow-up test for you.

**POSITIVE TEST**

**I HAVE A POSITIVE TEST**

Relocation and Isolation
10 Days
You will be moved into an isolation space and your close contacts will be tested.
Any close contacts who are not fully vaccinated will begin quarantine.
Meals and other support will be provided.

**I TESTED POSITIVE FOR COVID-19**

I have received a positive test from outside the St. Olaf testing program (through your employer, healthcare provider, etc.)
— what do I do now?
I FEEL “UNWELL”
WHAT DO I DO?

**HEALTH TIPS**
Tips come from the CDC and Mayo Clinic.
Do not use medication you are allergic to. Use medication as directed.

- **Stay hydrated.** Water, juice, clear broth or warm lemon water with honey.
- **Rest.** It is highly recommended you get 8 hours of sleep to help you recover.
- **Relieve pain.** Try either acetaminophen or ibuprofen.
- **Try over-the-counter (OTC) cold and cough medications.**
- **Soothe a sore throat.** A saltwater gargle — 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water — can temporarily relieve a sore or scratchy throat.

**MEDICAL ASSESSMENT AND SUPPORT**
If you feel like you need to see a medical professional please contact St. Olaf Health Services at 507-786-3063 during regular business hours. After hours, or on weekends, call NH+Cs Northfield Clinic at 507-646-1494 or if it is an emergency, go to the Emergency Department. For rides to the hospital after clinic/open shuttle hours, call Public Safety at 507-786-3666 to arrange transport in a Safe Ride Van.

- Please Do NOT have your friends drive you. Students can be subject to quarantine based on this action.
- Call 911 if there is an emergency.
- Another option is to check with your insurance provider to see if you have telehealth coverage for a virtual medical assessment.

**HOUSING**
Stay in your assigned residential space as much as possible.

**DINING**
Please take your meals from Stav Hall to-go and eat back inside your room.

**ACADEMICS**
Please take the health and safety of the campus population into consideration when attending class.

LEARN MORE ABOUT OUR PREVENTION GUIDELINES
stolaf.edu/covid-19