



COVID-19 Guidelines

If you have **ONE** of these:

- New Onset of Extreme Fatigue/Tiredness
- Sore throat
- Nausea/ Vomiting
- Diarrhea



Quarantine

Take precautions: physical distancing, wear mask in public, eat in dorm room, symptom check twice a day. If symptoms worsen, contact your primary care provider.
Notify okwucares@okwu.edu.

If you have **ONE** of these:

- Cough
- Shortness of Breath
- Loss of taste or smell
- Fever (temperature over 100.4 F/ 38 C)
- Difficulty breathing



Isolate / Stay Home

Notify okwucares@okwu.edu.

See your primary care provider to rule out COVID-19. You may return to school when:

You have a **NEGATIVE** COVID-19 test **AND** symptoms have been gone for 48 hours without the use of fever reducing medication (you must isolate while awaiting results).

OR

You have a note from your primary care provider with an alternative diagnosis.

OR

If you have **TWO** of these:

- New Onset of Extreme Fatigue/Tiredness
- Sore throat
- Nausea/ Vomiting
- Diarrhea



Notify OKWU

Notify okwucares@okwu.edu.

If you have been listed as a contact for someone positive on campus, you will be contacted by a representative of the university with specific directions.

If you have been:

Directly exposed to a confirmed COVID-19 case (within 6 feet for 15+ minutes).



Isolate / Stay Home

Notify okwucares@okwu.edu.

You may return to school when:
10 days have passed since symptoms started **AND** you have been symptom free for 48 hours without the use of fever reducing medication **AND** symptoms have improved.

If you have a
POSITIVE
COVID-19 Test:

If you choose to Self-Isolate/Quarantine, notify okwucares@okwu.edu. This requires you remain isolated/quarantined for 10 days and twice daily symptom checks.