What if I think I might be sick?

There are many symptoms for COVID-19. You should complete the Daily COVID-19 Self-Assessment to check up on your health every day.

No matter your symptoms, please stay home and do not come to campus if you feel unwell. This will help prevent the spread of colds and flus, as well as COVID-19.

<table>
<thead>
<tr>
<th>I have symptoms of COVID-19.</th>
<th>I was in quarantine, and now I have developed symptoms.</th>
<th>I don't have symptoms, but I have been in close contact with someone who has tested positive.</th>
<th>I don't have symptoms and I haven't been in close contact with someone who is showing symptoms.</th>
</tr>
</thead>
<tbody>
<tr>
<td>You should be begin to self-isolate for 10+ days since the symptoms started <strong>and</strong> until you are fever free for 24 hours without using fever-reducing medication. You should also get tested for COVID-19! Call your local healthcare provider to make an appointment. If you don’t have a local provider, call the COVID-19 Community Hotline at 507-328-2822.</td>
<td>You should be begin to self-isolate for 10+ days since the symptoms started <strong>and</strong> until you are fever free for 24 hours without using fever-reducing medication. You should also get tested for COVID-19! Call your local healthcare provider to make an appointment. If you don’t have a local provider, call the COVID-19 Community Hotline at 507-328-2822.</td>
<td>You should quarantine for 14 days following the close contact and monitor your symptoms. It may take up to 14 days for symptoms to appear after you’ve been exposed. If you develop symptoms at any time during this 14 day quarantine period, follow the guidelines to the left.</td>
<td>You do not have to quarantine. You should continue wearing a mask, keep physical distance from others and wash your hands frequently.</td>
</tr>
</tbody>
</table>

If you have questions about your symptoms you should contact your regular healthcare provider or call RCTC Student Health Services 507-285-7261.

The following pages contain helpful information if you need to self-isolate or quarantine.
I have been advised by a health professional to Self-Isolate or Quarantine - what does this mean?

*Self-isolation* is a period of time when a sick person stays home and separates themselves from others, including people in their household.

*Quarantine* is a specific period of time when a person exposed to COVID-19 stays home to avoid getting other people sick.

**While in Quarantine**
- Stay home as much as possible.
- Use online services and curbside pick-up to get essential supplies.
- If you need to go out in public:
  - wear a mask
  - stay 6 feet apart
  - avoid touching your face
  - wash your hands often

**While in Isolation**
- Stay home and do not go out into public.
- Stay away from people in your home as much as possible.
- Wear a face mask during every interaction with your caretaker.
- Avoid sharing personal household items such as bedding, towels and dishes.

**While in Self-Isolation**

Students who test positive for COVID-19 should do their best to self-isolate in their homes and apartments. This can be challenging if you have roommates, so here are some strategies to keep your household safe.

- Winona State University developed and shared this helpful guide: [COVID-19 Guide to Shared Off-Campus Housing](#) (PDF).
- Get Contacts & Resources in Order
- Have an emergency contacts list of family, friends, healthcare providers, teachers, & employers. Include resources for food and supplies
- If you live alone, you might arrange check-ins with a friend or relative regularly.
- Also, gather your health information, insurance cards, and write down important accounts and phone numbers in a notebook. You should be prepared to record your temperature and symptoms on a daily basis.
- Separate Your Stuff
  - Designate in advance dishes, towels, bedding and ideally a separate bedroom and bathroom for anyone who’s ill. Ideally, healthy roommates—and pets—should stay outside that space
**Stock Your Cabinets**

You’ll want to make sure you have these items on hand while you are in isolation since you won’t be able to run errands or go out in public spaces.

**Medicine & Pharmacy**
- Daily Vitamins
- Pain Relievers
- Prescription Medications
- Cough Drops & Cough Syrup
- General Cold & Flu Medicine
- Saline Nasal Spray
- Thermometer
- Hand Sanitizer (at least 60% alcohol)
- Heating Pad & Cold Pack

**Groceries**
- Healthy Ready-Made Food & Meals
- Soup
- Crackers
- Electrolyte Drinks
- Juices (100% juice)
- Teas

**Cleaning & Housewares**
- Disinfectant Wipes
- Disinfectant Spray
- Soap (for washing hands & surfaces)
- Toilet Paper
- Tissues
- Paper Towels

**If Sharing a Bathroom**
- Ideally, if someone is sick with COVID-19, designate a personal bathroom to help minimize the risk of spreading COVID within the home. However, this isn’t always possible.
- Clean and disinfect frequently touched surface areas daily with an **EPA-approved disinfectant**:
  - Toilet Seat
  - Flush
  - Sink
  - Faucet
  - Soap Dispenser
  - Light Switches
  - Door & Cabinet Handles
- If possible, flush with toilet cover down to help prevent the virus from becoming airborne.
- Keep and use separate sets of hand towels, wash cloths, and bath towels for each person in your home.
- Does your home bathroom have a window? Keep it open to increase air ventilation.
- Develop a shower schedule with your housemates. This will help to ensure that the shower is completely dry in between uses.