

COVID-19

Resources if You're Not Feeling Well

If you've been exposed to someone with COVID-19:

- Self-isolate from others, including friends, family and roommates.
- Avoid sharing personal items.
- Wear a facemask if you need to be around others.

If you're not feeling well, or develop symptoms of COVID-19:

- Notify housing@uidaho.edu.
- Self-isolate as much as possible – you may be asked to move to another residence hall to reduce the spread to others around you.
- View the attached guidance from the CDC with more information about what to do to prevent the spread including staying away from others.

Seek medical attention if you develop symptoms after being exposed to someone with COVID-19 or your symptoms become more than you can manage. The following options are available to you:

- **Vandal Health Clinic: 208-885-6693**
www.uidaho.edu/vandalhealthclinic
- **Gritman COVID-19 Hotline: 208-883-4109**
www.gritman.org/coronavirus
- **Gritman Symptom Checker**
Text "COVID19" to 208-295-5080 to get a link to our online assessment and symptom checker tool. It will automatically connect your results to one of the nurses working at the Gritman COVID-19 Hotline
- **Centers for Disease Control Symptom Self Checker**
A guide to help you make decisions and seek appropriate medical care:
www.cdc.gov/coronavirus

Hygiene Recommendations for All:

- **Wash your hands often**, using soap and water, for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer
- **Avoid touching your eyes, nose and mouth** with unwashed hands
- **Avoid close contact** with people who are sick
- **Cover your cough or sneeze** with a tissue, then tissue away
- **Clean and disinfect** frequently touched objects and surfaces
- Practice **social distancing** including, but not limited to:
 - Do not go into other residence halls, floors or rooms
 - Do not invite others into your residence hall or room
 - Limit face to face interactions
 - Avoid studying in the same space; try studying together virtually
 - If around others, remain at least 6-feet apart
 - Connect with people using virtual resources: call, Facetime, etc.

If you are not sure who to reach out to for support on campus, file a **VandalCARE Report**: www.uidaho.edu/VandalCare

