

MONITOR YOUR HEALTH

Watch for Symptoms

Anyone, regardless of age or health status, can experience mild to severe symptoms of COVID-19. It is important to watch for symptoms by monitoring your own health daily. Track your temperature and your symptoms.

People with COVID-19 have reported a wide range of symptoms that usually appear within 2-14 days after exposure to the virus. If you are experiencing any of these symptoms, you may have been exposed:

- **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**

Most people have mild illness and are able to recover at home; however, if you think you may have been exposed to COVID-19, follow CDC guidelines to prevent further spread and **CALL** WCU Health Services at 828-227-7640 to discuss your symptoms and concerns with a healthcare provider to determine the need for testing.

When to seek Emergency Medical Attention

As you monitor your health, look for emergency warning signs for COVID-19. If you or someone you know is showing any of these signs, CALL 911 or your local emergency facility for immediate care.

- **Trouble breathing**
- **New confusion**
- **Inability to wake or stay awake**
- **Bluish lips or face**
- **Persistent pain or pressure in the chest**

**This list is not all possible severe symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*

Call to Ask if you need Testing

CALL YOUR HEALTHCARE PROVIDER FIRST if you feel sick or have been exposed to the virus. It is important to limit the exposure of yourself and others to prevent the spread of the virus.

WCU Health Services can be reached at 828-227-7640, and has testing capabilities. Health Services is open Monday - Friday 8am-5pm.

Patients experiencing COVID-19, or any respiratory related symptoms will be directed on how to access care, and what to expect after a COVID-19 test is performed.

- Prepare to enter self-isolation for possibly 2-14 days. Our recommendation is to self-isolate in the comfort of your own home. For residential students who do not have the option of traveling home, Madison Residence Hall has been designated an isolation facility, and you will be assigned a room there.
- Come to your appointment and be prepared to enter isolation upon conclusion of your patient visit, without returning to your residence hall room.
- Pack and bring items with you that you will need in isolation. Recommended items include: **clothing, personal hygiene products, medications, laptop, classroom/course work materials.**

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Locations for COVID-19 Test if WCU Health Services is Closed

Many healthcare providers in Jackson County can test patients for COVID-19.

Specific providers in Jackson County include:

Harris Regional Hospital	828-586-7000
Harris Urgent Care	828-631-9462
Mountain Park Urgent Care	828-631-3181
Jackson Medical Associates	828-339-2273
Jackson County Department of Public Health	828-586-8994

If you are tested at a location other than Health Services, please complete the COVID-19 testing self-report found at: info.wcu.edu/selfreport. If necessary, arrangements will be made for on-campus students to isolate in Madison.

No matter the testing location, positive cases of COVID-19 are required to be reported to the Jackson County Department of Public Health as part of the NC communicable disease prevention program.

Isolation at Madison Hall

Health Services will continue to follow up with students in isolation on a regular basis to ensure the patient is not developing more severe symptoms. Patients in isolation at Madison will require a release from their medical provider to return to normal activities.

Residential Living will assist with providing linens and trash pick-up service in Madison and Campus Dining will assist with food delivery.

Contact Tracing

Contact tracing is a critical part of exposure control and prevention of the spread of infectious illness. The team at Jackson County Department of Public Health (JCDPH) is responsible for contact tracing in our county. They will begin the contact trace process when they receive notification of a positive case. That trace includes an interview with the patient to determine the persons, or close contacts who may have been exposed to the illness.

It is important to answer calls from contact tracers. If you were exposed, JCDPH will call you, assess your risk of exposure, and share additional measures you need to take (if any).

The individual will be asked to identify any and all persons that they had direct contact with and meet the criteria of:

- **48 hours**
 - **No 6 feet of distance**
 - **No mask was worn**
- ▶ The identified individuals will be contacted and asked to self-isolate and monitor their symptoms.
 - ▶ Identified individuals will not be told the name of the test positive person.