Sta smart. Sta strong. Sta safe.

https://www.utsa.edu/coronavirus/


This document is to help you closely monitor your health for the next 10 days while you are in isolation. We would like for you to call the office daily to let us know how you are doing. If we do not hear from you by 10am, then a nurse will be calling you or sending you a secure message through the MyMed patient portal. Please make sure to respond. At the end of your isolation, you will need to upload your Covid-19--10 day isolation log via the MyMed portal or drop it off at Student Health Services. We cannot release you from isolation until this log is submitted and reviewed.

What are the signs and symptoms of COVID-19?

Symptoms include: 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 or vomiting, or diarrhea.

How should you monitor your health during this time period?

Use the reverse side of this form to record your temperature and possible symptoms. Record this information twice per day. Keep this information for your records. You do not need to submit this to any other office on campus

Take these steps to monitor your health and practice social distancing.

1. Stay at home. Stay in a separate room and use a separate bathroom from other household members, if possible.
2. Avoid contact with other members in your household, including your pets.
3. Don't share personal household items such as cups, towels or utensils.
4. Avoid public places. If you must venture out of the house, wear your facemask and maintain 6 feet from others.
5. Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
6. Take your temperature with a digital thermometer two times a day and monitor for fever. Also watch for worsening of your symptoms.

What should you do if your symptoms worsen during this monitoring period?

If you start to notice difficulty breathing, shortness of breath or fever that does not go away, are not able to keep down fluids, then please go to an emergency room. Call ahead if you can and let them know you are Covid-positive.

CONTACT INFORMATION:

- UTSA Student Health Services – 210-458-4142 or mymed.utsa.edu for teledmedicine appointments
- University Hospital- 210-358-4000
- Always call 9-1-1 in an emergency

If you have had known close contact with a person who is lab confirmed to have COVID-19, contact the City of San Antonio Coronavirus Hotline: 210-207-5779 or email: COVID-19@sanantonio.gov