
This document is to help you closely monitor your health for the next 14 days while you are in quarantine. Based on what is known about COVID-19, symptoms typically develop between 2-14 days after an individual is exposed. If you develop any symptoms of Covid-19, please call Student Health Services for an evaluation at 210-458-4142, option 3 or you can schedule your own telemedicine appointment at MyMed portal: mymed.utsa.edu.

What are the signs and symptoms of COVID-19?

Symptoms include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle of 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. Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
2. Take your temperature with a digital thermometer two times a day and monitor for fever. Also watch for other symptoms.
3. 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.
4. Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
5. Remember that some people without symptoms may be able to spread the virus. Put distance between yourself and other people outside of your home.

What should you do if you become ill during this monitoring period?

If you start to notice possible symptoms or have concerns about your health, please contact your primary care provider. Students can call the Student Health Services during normal business hours for advice. If you are unable to reach your primary care provider and are seriously ill, go to a local emergency room or urgent care center. Call in advance so ER or urgent care staff are prepared for your arrival.

- **UTSA Student Health Services** – 210-458-4142 or mymed.utsa.edu for telemedicine 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


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