What do I do if I’m experiencing COVID-19 symptoms?

- Regardless of vaccination status, stay home and monitor your symptoms.
- Submit a COVID-19 self-report: utsa.edu/selfreport
- Get tested for COVID-19: utsa.edu/gettested
- Take precautionary measures:
  - Stay home. If you live with roommates, notify them so they can monitor their symptoms and avoid contact.
  - Wear a face covering inside your living unit. Clean and disinfect all points of contact.
- Seek medical attention:
  - Wellness 360: On-campus student health clinic. Call 210-458-4142, Option 3 to be screened by a nurse and set up an appointment.
  - MyHealth: Schedule a telemedicine appointment or contact your personal medical provider.
    » myhealth.utsa.edu
  - Medical emergencies:
    - On campus: UTSA PD, 210-458-4911
    - Off campus: Dial 911

Watch for common COVID-19 symptoms, including:
- Fever
- Cough
- Shortness of breath
- Fatigue

Symptoms may appear 2-14 days after exposure.

- Disregard mild allergy symptoms

Check yourself daily for COVID-19 symptoms: utsa.edu/dailyhealthcheck

Do Your Part
Vaccinations, testing, self-reporting and what to do in a variety of scenarios.
» utsa.edu/doyourpart

Get Vaxxed
UTSA strongly urges all ‘Runners to get the COVID-19 vaccine.
» utsa.edu/covid19vaccines
What do I do if I TEST POSITIVE FOR COVID-19?

☐ **STAY HOME.** Until you receive additional instructions, please adhere to the following guidelines:

- Eliminate or minimize face-to-face contact with roommates.
- Remain in your bedroom and minimize time spent in common areas.
- Wear a face covering whenever you are around others.
- Clean and disinfect all points of contact before and after use.
- Wash hands with soap and water frequently or use hand sanitizer often.
- Notify your roommates of the need to quarantine and to eliminate or minimize contact.

☐ **SUBMIT A COVID-19 SELF-REPORT** as soon as possible. Once the COVID-19 Response Team receives your report, they will connect you with support resources.

» [utsa.edu/selfreport](http://utsa.edu/selfreport)

☐ **COORDINATE WITH THE COVID-19 RESPONSE TEAM** for contact tracing.

☐ **FOLLOW GUIDANCE FROM THE WELLNESS 360 CLINICIANS.** A representative from the student health clinic will contact you to guide you through next steps.

If you live on campus, follow UTSA’s isolation protocol

» Visit the On-Campus Residents page on [utsa.edu/roadmap](http://utsa.edu/roadmap) to learn more

Housing staff will support you during your isolation period according to established protocols, including arranging meal delivery.

If you have your own bedroom, you can isolate there.

If you share a bedroom with another resident, housing staff will work with you to relocate during isolation.

If you are experiencing symptoms, seek medical attention:

**WELLNESS 360**
On-campus student health clinic. Call 210-458-4142, Option 3 to be screened by a nurse and set up an appointment.

**MYHEALTH**
Schedule a telemedicine appointment or contact your personal medical provider.
» [myhealth.utsa.edu](http://myhealth.utsa.edu)

**MEDICAL EMERGENCIES**
On campus: UTSA PD, 210-458-4911
Off campus: Dial 911