TESTING, QUARANTINE AND ISOLATION RESOURCES
**COVID-19 TESTING INFORMATION**

**COVID-19 symptomatic testing process**

Only IU students, faculty, and staff who are symptomatic should be tested through the IU Health program.

The CDC recognizes that people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

People with these symptoms may have COVID-19: Fever or chills, cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. If you have symptoms which might be related to COVID-19 such as those recognized by the CDC listed above, please follow the procedure for assessment and necessary testing. **DO NOT COME TO CLASS OR WORK.**

1. Log into one.iu.edu
2. Search for COVID-19
3. Click on COVID-19 Health Services where you will be directed through a symptom checker.
4. You will be referred to an IU Health nurse for further screening.
5. If the Nurse believes the symptoms are COVID-19 related, you will be given instructions on how to schedule an appointment for campus testing. You will receive a email or text “Sick Slip.”
6. Make an appointment for a COVID-19 testing following the instructions from the IU Health Nurse.
7. The tests will be administered on the IU Fort Wayne campus in Parking Garage 3 (P3) at the north end of campus.

You can enter campus through the North entrance on St. Joe Road and proceed straight ahead to the parking garage. Signage will direct you to the testing site in the garage.

Testing will be drive up so you will not need to leave your car. Be sure to wear your mask and bring a driver’s license, IU Crimson Card or IUFW Mastodon ID card and your sick slip with you.

8. Follow the instructions on quarantine as directed by the IU Health provider.
9. If you elect to be tested by another provider or one told you are a close contact, you must self-report by using the COVID-19 self-reporting form found at one.iu.edu. Type in COVID-19 self-reporting form on the search and the system will direct you to the form.
10. Complete the CARE referral for Purdue University Fort Wayne. The CARE team provides support for students on the Fort Wayne campus.

**What should I do if my test is positive?**

Remain in isolation until **ALL** of the following conditions are met:

1. It has been at least 1 day (24 hours) since your last fever (without the use of fever-reducing medications).
2. Your symptoms are improving
3. At least 10 days have passed since your symptoms first appeared.

If your symptoms get worse (see list at right of signs of severe illness) seek medical care. Call the healthcare facility/ER to let them know you are coming and follow instructions about wearing a mask when you arrive to the facility.

If you have never had symptoms but had a known exposure you should isolate until at least 10 days have passed since the date of your positive COVID-19 test. If you develop symptoms while self-isolating use above conditions that must be met to discontinue isolation.

**What do I need to do about my contacts?**

If you are comfortable, please notify those on your contact list that you tested positive. They will be advised to quarantine for 14 days following the last time they had contact with you. Close contacts must be notified as soon as possible to decrease the chances of spreading the virus to more people.

You should also expect a text and call from a contact tracer who will gather contact and activity information from you to be sure that all measures are taken to prevent more infections. Please answer your phone, even if you don’t recognize the number. The contact tracer will keep your information confidential when notifying any of your contacts.

**What should I do if my test is negative?**

If you are not sure, please consult a medical professional.

If you have a known exposure to a confirmed case, continue to quarantine until 10 days after your exposure.

If you were tested but had no known exposure to a confirmed case, and you are asymptomatic, you can stop your self-quarantine.

If you were tested but had no known exposure to a confirmed case, and you are symptomatic, you may have another respiratory virus that is circulating in the community. Avoid work and group settings until 24 hours after the last day of fever (without using fever reducing medications).

**Self care**

Take your temperature with a thermometer daily and write down your results. Fever ≥ 100.4°F or greater.

Drink plenty of non-alcoholic fluids.

Take acetaminophen (Tylenol) for fever and/or pain.

Eat as tolerated without restrictions.

Watch for signs of severe illness – call 911 or go to the ER if you develop any of these (call the facility to alert them you are coming).

**Signs of severe illness**

- Difficulty breathing or shortness of breath.
- Persistent dizziness, confusion, or inability to respond.
- Not drinking enough fluids or not urinating.
- Severe or persistent vomiting.
- Persistent pain or pressure in the chest or abdomen.
- Fever or cough that improve but then return or worsen.
- Worsening of chronic medical conditions.

**Where can I read more about COVID-19?**

The latest up to date information on COVID-19 in the US and worldwide can be found on the CDC website: www.cdc.gov.


IU Student Health Center Website: healthcenter.indiana.edu.

Click on “Coronavirus (COVID-19): What you need to know.”

**Important information regarding COVID-19 testing**

Because COVID-19 is relatively new, there are still many unknowns about the virus and testing for the virus. The test results are intended to give information for use in determining whether to seek additional medical treatment and/or take other actions, such as self-quarantine or self-isolate, in an effort to prevent the potential spread of the virus to others. There are risks inherent in any COVID-19 testing. You should consider the following:

- There are still many uncertainties about the transmission of COVID-19.
- If your test result is positive, the university required by law to report that result to certain public health agencies, including the Indiana State Department of Health and the Centers for Disease Control and Prevention. In addition, IU Environmental Health and Safety (EHS) will be notified for purposes of tracking contacts and cleaning any campus locations where you might have been. IU EHS is required by IU policy and applicable law to safeguard the privacy and security of any such information we share, but may be required to re-disclose such information in order to comply with applicable local, state, and federal law.

**What does quarantine mean?**

Quarantine is the separation of a well person who has been exposed to a contagious disease to see if they become sick. Quarantining those exposed to COVID-19 helps prevent spread of infection to others.

**Isolation information**

**What should I do during quarantine, what does it mean for me?**

- Stay in your room and do not allow others to enter your room.
- Do not go out in public.
- Wear a mask and stay 6 feet away from others if you have to have brief contact with anyone.
- Take your temperature daily and watch for symptoms such as:
  - Fever – a temperature of 100.4°F or greater
  - Cough
  - Shortness of breath
  - Sore throat
  - Nausea, vomiting, or diarrhea
  - Muscle aches
  - Headache
  - Fatigue
  - Congestion or runny nose
  - New loss of taste or smell

**What do I need to do about my contacts?**

- Notify any of your contacts.
- Do not go out in public.
- Wear a mask and stay 6 feet away from others if you have to have brief contact with anyone.
- Take your temperature daily and watch for symptoms such as:
  - Fever – a temperature of 100.4°F or greater
  - Cough
  - Shortness of breath
  - Sore throat
  - Nausea, vomiting, or diarrhea
  - Muscle aches
  - Headache
  - Fatigue
  - Congestion or runny nose
  - New loss of taste or smell

**What do I do if I develop symptoms?**

Access the IU Health Virtual Hub 24/7 through one.iu.edu in order to be connected with an IU Health nurse at no charge.

- If you are at home, contact your healthcare provider.
- Drink plenty of non-alcoholic fluids.
- Take acetaminophen (Tylenol) for fever and/or pain.
- Eat as tolerated without restrictions.
- Watch for signs of severe illness – call 911 or go to the ER if you develop any of these (call the facility to alert them you are coming).
Signs of severe illness:

- Difficulty breathing or shortness of breath.
- Persistent dizziness, confusion, or inability to respond.
- Not drinking enough fluids or not urinating.
- Severe or persistent vomiting.
- Persistent pain or pressure in the chest or abdomen.
- Fever or cough that improve but then return or worsen.
- Worsening of chronic medical conditions.

Why do I have to quarantine for 10 days after contact with someone with COVID-19?

The time it takes someone who has been exposed to COVID-19 to show evidence of infection is typically 4-5 days, but it may be anywhere between 2-14 days. This is called the incubation period.

It is possible for someone infected with COVID-19 to spread the virus to others up to 2 days BEFORE they develop symptoms.

It is also possible to be exposed to COVID-19 and develop what is called an asymptomatic infection. Those with asymptomatic infection do not exhibit any illness symptoms, but they can still spread the infection to others.

At the end of 10 days following an exposure, if you haven’t developed symptoms, you are able to be released from quarantine. A small percentage of people may still develop infection between days 10-14.

During that time, it is important that you avoid crowds, stay 6 feet away from other people, wear your mask when you are around other people, and practice good hand hygiene.

What should I do about my academics during quarantine/isolation?

If you have any in-person classes, contact your instructor(s) and indicate you will not be able to attend class virtually. Also ask for instructions on making up coursework you will be missing.

If you are in an online class and are feeling well enough to attend, please do so. If you are feeling too sick to attend, please notify your instructor(s) and indicate you will not be able to attend class virtually. A Care Referral can be submitted to get help with:

- Unexpected life events
- Personal crises
- Mental-health struggles
- Academic difficulties that can interfere with college success

Where can I read more about COVID-19?

The latest up to date information on COVID-19 in the US and worldwide can be found on the CDC website: www.cdc.gov.


IU Student Health Center Website: healthcenter.indiana.edu. Click on “Coronavirus (COVID-19): What you need to know.”

WELLNESS RESOURCES

Purdue Fort Wayne Campus Clinic
Walb Union Suite 234
(260) 481-5748

IU Health Resources
Access to IU Health Virtual Hub via one.iu.edu. Available at no cost to students 24/7.

Emergency Resources
Call 911 – calls are routed through city dispatch to appropriate service (Ambulance, Fire, police)

Local Emergency Departments
Parkview Randallia: (260) 266-5000
Parkview Regional Medical Center: (877) 774-8632
Lutheran Hospital: (260) 435-7000
Lutheran Statewide: (260) 479-3001 - on-line check in available

Get help for yourself or someone else

You or a fellow classmate may be going through a challenging time right now and not sure where to get the support you need. The Office of the Dean of Students is here to help. A Care Referral is an easy way to request help with an issue or concern. A Care Referral can be submitted to get help with:

- Unexpected life events
- Personal crises
- Mental-health struggles
- Academic difficulties that can interfere with college success

Submit a Care Referral: pfw.edu/offices/dean-of-students/about/care-team

Support Groups
Get support from your peers. Receive weekly support from other students who want to connect to discuss the challenges of being in quarantine and isolation. Also offered is a 3-6 week interactive program on Stress and Resiliency providing tools and resources to help manage wellness and stress management during this time.

For more information or to join a group, contact Rebecca Gilbert (rgilbert@indiana.edu).

Counseling Services
Call 800-342-5653 to make an appointment. You can request assistance through this online form or by sending a message to EPSAPL@bowencenter.org. Please indicate that you are a student of Purdue Fort Wayne or Indiana University Fort Wayne.

For immediate assistance and crisis intervention outside regular operating hours, call the Bowen Center’s 24-hour helpline at 800-342-5653.

In the event of an emergency, call 911.

WellTrack
Looking for ways to improve your stress management, general wellness, resiliency, or mood? WellTrack is a new app that offers self-assessments, tools to manage anxiety and depression, progress tracking, and much more. It’s available to ALL IU students for FREE! Learn more at: go.iu.edu/WellTrack.

The Pantry
The Pantry at Purdue Fort Wayne is a direct response to the need among food-insecure members of both the university including IU Fort Wayne students, staff, and faculty-and the community.

Hours of Operation:
Walb Union, Room G42 (Thursday: 10 a.m.–2 p.m.), everyone is welcome.

Student Housing Clubhouse (Monday & Tuesday: 4 p.m.–7 p.m.), students only.

If you have questions, please contact Eric Manor, director of health and wellness, at manore@pfw.edu.

Health Coaching
Meet with a health coach who can share strategies for staying healthy during quarantine and isolation.

Our health coaches offer supportive, positive guidance to help you define your own vision and objectives in a way that fits into this challenging time.

Make an appointment by calling 812-855-7688 or schedule online at healthcenter.indiana.edu.

Appointments will be conducted virtually via zoom.