COVID-19 SYMPTOMS

WHAT TO DO IF YOU ARE EXPERIENCING SYMPTOMS OR IF YOU HAVE TESTED POSITIVE FOR CORONAVIRUS

YOUR SYMPTOMS CAN INCLUDE THE FOLLOWING:

- Fever of 100.4 degrees Fahrenheit/38 degrees Celsius or greater
- Cough (new onset or worsening of chronic cough)
- Shortness of Breath

Additional Symptoms may include the following:

- Chills
- Muscle aches
- Runny nose
- Sore throat
- Nausea or vomiting
- Headache
- Abdominal pain
- Diarrhea

EMERGENCY WARNING SIGNS REQUIRING IMMEDIATE MEDICAL ATTENTION INCLUDE THE FOLLOWING:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

Call 911 if you have a medical emergency. If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

For additional information regarding Symptoms of Coronavirus (COVID-19) please visit

WHAT TO DO IF YOU ARE SICK AND EXPERIENCING SYMPTOMS OF CORONAVIRUS (COVID-19):

- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Wear a facemask
- Wash your hands often and avoid touching your eyes, nose, and mouth
- Monitor your symptoms
OSUIT STUDENTS RECOMMENDED STEPS TO TAKE IF EXPERIENCING SYMPTOMS OF CORONAVIRUS (COVID-19):

- Stay at home. Do not come to campus. Notify your academic school that you are experiencing symptoms of Coronavirus (COVID-19) and will be seeking medical advice.

- Tell your School Dean or faculty member that you are experiencing symptoms of Coronavirus (COVID-19) and will be seeking medical advice.

- Seek medical advice. Call ahead before going to your primary care physician or emergency room. If you do not have a primary care physician, please contact your local Health Department or contact the OSUIT Campus Health Services Clinic Monday through Friday when classes are in session between the hours of 12 p.m. to 1 p.m. at (918) 293-4946 for guidance regarding Coronavirus (COVID-19) testing. Do not come to the OSUIT Campus Health Services Clinic.

- Tell your health care provider about your symptoms, recent travel, and people you may have been in close contact with that could have been exposed.

- Limit interactions with others for 14 days and practice social distancing.

- Stay at home until you are instructed by your health care provider and/or the state or local health department that you are no longer at risk of secondary transmission to others.

- Provide the appropriate physician release statement to your academic school dean’s office that you have been cleared to return to campus.

EMERGENCY WARNING SIGNS REQUIRING IMMEDIATE MEDICAL ATTENTION INCLUDE THE FOLLOWING:

- Call your supervisor. Do not come to campus to notify your supervisor you are experiencing symptoms of Coronavirus (COVID-19). The supervisor will notify the appropriate Dean or Vice President who will notify the OSUIT HR Department.

- Seek medical advice. Call ahead before going to your primary care physician or emergency room. If you do not have a primary care physician, please contact your local Health Department or contact the OSUIT Campus Health Services Clinic Monday through Friday when classes are in session between the hours of 12 p.m. to 1 p.m. at (918) 293-4946 for guidance regarding Coronavirus (COVID-19) testing. Do not come to the OSUIT Campus Health Services Clinic.

- Do not come to the OSUIT Campus Health Services Clinic.

- Tell your health care provider about your symptoms, recent travel, and people you may have been in close contact with that could have been exposed.

- Limit interactions with others for 14 days and practice social distancing.

- Stay at home until you are instructed by your health care provider and/or the state or local health department that you are no longer at risk of secondary transmission to others.

- Provide the appropriate physician release statement to your supervisor and the OSUIT HR Department that you have been cleared to return to work.
WHAT TO DO IF YOU TEST POSITIVE FOR CORONAVIRUS (COVID-19) OR IF YOU HAVE BEEN IN CLOSE PHYSICAL CONTACT WITH SOMEONE THAT HAS TESTED POSITIVE FOR CORONAVIRUS (COVID-19) BASED ON THE RECOMMENDATIONS FROM HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/INDEX.HTML

- Stay home except to get medical care.
- Separate yourself from other people.
- Tell your School Dean or faculty member that you have tested positive for Coronavirus (COVID-19).
- Monitor your symptoms (Follow care instructions provided to you from your health care provider and local health department. Your local health authorities may give instructions on checking your symptoms and reporting information.)
- Call ahead before visiting your doctor.
- Wear a facemask or cloth covering over your nose and mouth
- Cover your coughs and sneezes.
- Clean/wash hands often.
- Avoid sharing personal household items.
- Clean and disinfect all high touch surfaces everyday.
- Stay at home until you are instructed by your health care provider and state or local health department that you are no longer at risk of secondary transmission to others.

In all cases, follow the guidance of your doctor and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments.

Please Note: All OSUIT Students and Employees that test positive for COVID-19 or have been in close physical contact with someone that has tested positive for COVID-19 will be required by OSUIT to provide a physician release statement to the appropriate OSUIT academic or administrative office stating that the student or employee has been cleared to return to the OSUIT Campus.

ADDITIONAL CONTACT INFORMATION FOR CORONAVIRUS (COVID-19) TESTING SITES

Oklahoma State Department of Health COVID-19 Call Center
Dial 2-1-1 | General information from 8am-5pm - 405.271.5600 or 1.800.522.0203

Okmulgee County Health Department
By appointment only | 1304 RD Miller Dr., Okmulgee, OK 74447 | 918.756.1883

Tulsa County Health Department
By appointment only | Expo Square, 4145 E. 21st St. Tulsa, OK 74112 | 918.582.9355