



Illinois State Student Health Services is testing symptomatic students who have Covid-19 like symptoms.

**Coronavirus disease (COVID-19)** is an **infectious disease** caused by a newly discovered **coronavirus**. Most people infected with the **COVID-19** virus will experience mild to moderate respiratory illness and recover without requiring special treatment. The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet) for extended periods of time.

**What should I do while I wait for my test results?**

- Inform supervisors and or your instructors that you have been tested for COVID-19 and the date you were tested.
- Stay home until you receive your results.
- If you live in University Housing and you are not able to go home, SHS will work with housing to find you a place to quarantine until your results come back.
- If you feel well enough to attend ON -LINE classes, you can do so. DO NOT ATTEND face to face classes.

**What should I do to protect myself and others while I wait for my test results?**

- Wash your hands often with soap and water for at least 20 seconds. You can clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean “high touch” service areas daily. “High touch” service areas include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and beside tables.
- Cover coughs and sneezes.
- Wear a face covering as much as possible.
- Avoid contact with others.
- Stay in quarantine until your results are back and you receive further instructions from a healthcare provider.

**Monitor your symptoms and temperature:**

- Note the day of any NEW symptoms.
- Check and record your temperature two times a day.
- Seek further evaluation from a healthcare provider should your symptoms get worse.
- Even if you are feeling better, you can make others sick, so avoid being around others.

**Seek medical attention immediately if you develop any of the following emergency warning signs for COVID-19.**

*\*This list is not all-inclusive. Please consult a medical provider for any other symptoms that are severe or worsening.*

- Extreme difficulty breathing
- Blue lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Confusion
- Difficulty waking up
- Slurred speech (new or worsening)

- New seizure or seizure that won't stop

**How and when will I receive my test results?**

- The time it takes to receive results can vary. Usually results are back in **2-3 business days**.
- You will receive your results by **SECURE MESSAGE** on the student health services website.

<https://isuhealth.illinoisstate.edu/confirm.aspx>

**What if I test positive?**

- After you have received the secure message notification from Student Health Services, you should be contacted by the local health department. There may be a delay from the time you receive your results and when the health department contacts you. Please monitor your phone for the call.
- The health department should give you further instructions on isolation management and dates of isolation.
- The health department will also want to know where you have been and who you have been around to identify if others may require testing. It is helpful to have dates, locations, and contact information to give them when they call.
- Please NOTE: Once you have tested positive you must complete the recommended 10 day isolation period. It is NOT recommended to retest for a negative result.**
- Student Health Services will send you a letter in your SHS health portal <https://isuhealth.illinoisstate.edu/Letters.aspx>. To have your instructors notified of your excused absence, email this letter to [DeanOfStudents@IllinoisState.edu](mailto:DeanOfStudents@IllinoisState.edu) immediately. If you have questions about the excused absence notification process, call the Dean of Students Office at (309) 438-200
- If you live in University housing, you will be contacted by hall staff to confirm your plans for returning home for isolation/quarantine. If you are not able to return home, Housing may be able to provide alternative living accommodations locally. Please refer all Housing questions as it relates to your temporary assignment, check-in, and checkout process to University Housing Services at (309) 438-5967.

**What if I test Negative?**

- Student Health Services will send you a secure message through the Student Health Services portal.

<https://isuhealth.illinoisstate.edu/confirm.aspx>

- PLEASE NOTE if you have been advised to quarantine you must complete your 14 day quarantine even if your results are negative.**

**Building Address**

Illinois State University  
Student Health Services  
(Located in) Student Services Building  
201 N. University  
Normal, IL 61761

To schedule an appointment, please call 309-438-2778. You may also call our nurse consult line at 309-438-7676. Both appointment line and nurse consult lines are open Monday - Friday, 8:15am - 4:15pm.

**Medical Clinic Hours**  
Monday - Friday 8:00am-4:30pm