

## Frequently Asked Questions:

### What are the symptoms of COVID-19?

- [Per CDC:](#)
  - **New cough**
  - **Fever** (feeling feverish, or temperature greater than 100°)
  - **Chills**
  - **New muscle pain** not due to another medical condition such as injury or other activity (physical exercise)
  - **New shortness of breath** or difficulty breathing
  - **Sore throat**
  - **New loss of taste or smell**
  - **Red Flags: Rapid deterioration associated with: severe** shortness of breath, chest pain/pressure, confusion, difficulty awakening from sleep, cyanosis (bluish discoloration) of lips/face. If experiencing these severe symptoms, call 911 and please go to the Emergency Room immediately.

### Where can I obtain a test for COVID-19?

- Please see the COVID-19 page of our website
- Stay at home and avoid contact with others while waiting for the test result.

### What do I do if feeling sick?

- Please call for an appointment to be evaluated by one of the healthcare providers at TTU Student Health Services.
- If you are concerned about COVID-19 infection, then **please stay isolated at home and do not go to class, work, or public places.**
- A [how-to guide to isolation](#) is available through the CDC.

### How do I treat my symptoms?

- There is no cure for COVID-19, and treatment is supportive with use of over-the-counter pain-relieving medications as needed such as acetaminophen (tylenol) and ibuprofen (advil) or naproxen (alleve), assuming there are no allergies to these. The medications may be used as directed on the label. If taking ibuprofen or naproxen, then please take with food to minimize stomach upset. **Rest and stay well-hydrated.**
- **Headache, Fever, Sore Throat, Body Aches:** You can take doses as directed on the bottle of acetaminophen alternating with ibuprofen or naproxen every 4 hours. Do not take ibuprofen and naproxen together since they are in the same family and can increase risk of side effects. Excedrin can be used as directed for severe headaches.
- **Diarrhea:** Imodium can be used as directed for severe diarrhea (more than 3 loose stools per day). Please wash hands frequently, rest, and drink plenty of non-caffeinated fluids. A sports beverage with sugar and electrolytes such as Gatorade or Powerade is also advised,

especially if experiencing diarrhea. Avoid spicy and greasy food and dairy products. Eat bland foods such as bananas, plain rice, crackers, and toast as tolerated.

- **Vomiting:** take sips of non-caffeinated fluid such as water or sports-beverage every 15-20 minutes to stay well hydrated. Seek medical attention if still unable to keep fluids down.
- Consider taking over-the-counter Vitamin C, Vitamin D3, and zinc to help support your immune system.
- Do not drink alcohol or use illicit drugs, especially while recovering from COVID-19.
- [Symptom management from the CDC](#)
- [Caring for Someone with COVID-19 per the CDC](#)

### **What does quarantine mean in this COVID-19 pandemic? Isn't there a new definition?**

- The terminology can be confusing. Quarantine in this pandemic is a **14-day period of close self-monitoring for symptoms ideally at your place of residence while avoiding exposure to others**. This is required in someone who is without symptoms but has met the definition of a close contact to an infected (positive) person. Do not travel. **Close contact** is defined as **within 6 feet or less of the infected person for at least 15 minutes in the past 48 hours**.
- Depending on local pandemic severity, the CDC released an alternate strategy. However, **based on the severe pandemic situation in Lubbock, our City's Health Department advocates for the standard 14 day definition of quarantine at home. Stay in your own room, and use your own restroom if possible**. Do not travel. The alternate strategy may be used if you are considered an essential infrastructure worker by the University. Please see your employer if you have questions.
- Regardless of the strategy used, you must **isolate immediately and notify your healthcare provider or Student Health Services if you develop symptoms at any time in the 14-day quarantine period**.

### **What does isolation mean in this COVID-19 pandemic?**

- Isolation is a minimum of a **10-day period** of staying at home and away from others for someone who is recovering from COVID-19 symptoms or 10 days from the date of the positive test for someone who is asymptomatic. Some people may take longer than 10 days to recover. Do not travel.

### **How do I know I am no longer going to infect others with my COVID? Do I need another test?**

- The CDC advocates a **time-based strategy** to determine when someone is recovered from the infection. This involves staying home for **10 days** from time of onset of symptoms (or 10 days from the date of the test if you never had symptoms). Recovery also requires **absence of fever for at least 24 hours without use of over-the-counter fever-reducing medications** such as tylenol (acetaminophen), advil (ibuprofen), or alleve (naproxen), and **overall improvement in symptoms**.
- **A repeat test is only required in rare circumstances such as for work in some healthcare settings and is not advised for the general population**. A repeat test may detect pieces of inactivated virus and may remain positive for weeks after recovery.

- The time of isolation may be 20 days in cases of severe infection requiring hospitalization or in people with a weakened immune system.
- Some people have persistent symptoms of fatigue, cough, and weakness for weeks after they are no longer infected.

**“I was exposed but have no symptoms.”**

- **Quarantine** unless deemed “low risk” by your medical provider.
  - A [how-to guide to quarantine](#) is available through the CDC.
- Consider obtaining a test at day 6-7 of quarantine. Continue quarantine while waiting for results. **Unless you are a considered a critical infrastructure worker by the university, a negative test does not shorten the period of quarantine.**

**“My family member / roommate / intimate partner is positive, should I get tested?”**

- A close household or intimate contact is already presumed positive and must quarantine.
- If you had close contact (within 6 feet for at least 15 minutes in the last 48 hours), then **please start quarantine**. Contact a healthcare provider for additional guidance.
- If you choose to obtain a test, then please wait at least 6-7 days to reduce the possibility of a false negative test result. Unless you are a considered a critical infrastructure worker by the University, a negative test does not shorten the period of quarantine.

**I have COVID, and I am feeling worse, what do I do?**

- **If you are experiencing severe shortness of breath, chest pain/pressure, confusion, difficulty awakening from sleep, or pale blue/gray color of the lips or fingernail beds, then you need emergency care. Call 911 and go to the Emergency Room.**
- Please call the Emergency Room in advance and notify them of your COVID concern to minimize exposure in the waiting room. Phone numbers are on our Student Health Services COVID-19 website.
- For non-emergency situations, please contact Student Health Services or a local urgent care clinic if after business hours or on weekends.