



## COVID-19 Symptoms and Testing FAQs

### What should I do if I am feeling sick?

If you are feeling sick (even minor symptoms), **please stay home and do not come to campus.** Notify your instructor or supervisor that you will not be on campus that day due to illness and to make alternative arrangements.

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

Fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

### If I am experiencing symptoms of COVID-19, should I get tested?

The CDC recommends the following groups get tested for COVID-19:

- People who have symptoms of COVID-19, regardless of vaccination status or prior infection.
- People who've had [close contact](#) (within 6 feet of an infected person for a total of 15 minutes or more over a 24-hour period) with a confirmed case of COVID-19. Testing is recommended 5 days after exposure, regardless of vaccination status.
- Unvaccinated people who have taken part in activities that put them at higher risk for COVID-19 such as travel, attending large or mass gatherings, or being in crowded or poorly ventilated indoor settings.
- People who have been asked or referred to get testing by their healthcare provider or the Southern Nevada Health District.

### What should I do if I am unsure about getting tested for COVID-19?

If you are unsure about COVID-19 testing or your symptoms, contact your healthcare provider for guidance. The CDC has a helpful [COVID-19 Self Checker](#) that can also assist in the decision to be tested.

### Where can I go for COVID-19 testing?

You can consult with your healthcare provider about testing or obtain a free test from the Southern Nevada Health District (SNHD). SNHD offers testing at several different sites across the valley. For more information, please see SNHD's [calendar schedule](#).

SNHD also offers **testing clinics at CSN campuses** Mondays – Thursdays 12:00 pm – 4:00 pm. Appointments are highly recommended. Please contact [wellness@csn.edu](mailto:wellness@csn.edu) for assistance with a priority appointment.

### What should I do while I'm waiting for my COVID-19 test results?

Symptomatic individuals should self-isolate at home pending test results and follow the advice of your healthcare provider. Be sure to contact [wellness@csn.edu](mailto:wellness@csn.edu) and keep your case manager updated on your test results.

Asymptomatic individuals who have been exposed to COVID-19 should notify [wellness@csn.edu](mailto:wellness@csn.edu) of your pending test and follow the instructions provided by a wellness case manager regarding self-quarantine or returning to campus.

## What should I do if I test positive?

Please notify CSN Wellness of your positive test results by filling out the [COVID-19 Reporting Form](#) or emailing [wellness@csn.edu](mailto:wellness@csn.edu). The Wellness Team will assist in determining your quarantine requirements and provide information and resources as necessary.

Those that test positive and have [one or more health conditions](#) that increase the risk of becoming very sick, treatment may be available. Contact your health professional right away after a positive test to determine if you may be eligible, even if symptoms are mild at the beginning. Don't delay as treatment must be started within the first few days to be effective.

Most people will have mild illness and are able to recover at home. Do not leave your home, except to get medical care, if needed. Take care of yourself by getting rest and staying hydrated. If your symptoms become concerning (including trouble breathing) contact your doctor or call 911. Wear a mask over your nose and mouth if you must be around other people at home. Cover your coughs and sneezes and wash your hand often. Avoid sharing personal household items and clean all "high-touch" surfaces daily.

## What should I do if I test negative?

Continue to stay home until your symptoms resolve and you are feeling better. Before returning to campus, conduct a health self-assessment. The [CSN Mobile Safety App](#) has a tool to perform this assessment. The app will not record any answers or personal health information. If you are unable to access the app, a copy of the questions is available on the [CSN COVID-19 Website](#). Continue to conduct a self-assessment each day prior to coming to campus.

## As a reminder, here are the following situations where CSN asks that you contact the Wellness Team:

- You are experiencing symptoms of COVID-19.
  - Notify [wellness@csn.edu](mailto:wellness@csn.edu). Wellness will advise testing and can assist with an appointment on campus.
- You have been tested for COVID-19 and are awaiting results.
  - Notify [wellness@csn.edu](mailto:wellness@csn.edu) of pending results. Stay off campus if you are symptomatic.
- You have tested positive for COVID-19.
  - Contact the CSN [COVID-19 Reporting Form](#) or [wellness@csn.edu](mailto:wellness@csn.edu) for guidance on quarantine and return to campus.
- You have been exposed to a confirmed case of COVID-19
  - Contact the CSN [COVID-19 Reporting Form](#) or [wellness@csn.edu](mailto:wellness@csn.edu) for guidance on quarantine, testing and return to campus.