

With students at the center of all that we do, the Office of Student Affairs is committed to supporting you as you pursue your academic goals during the COVID-19 pandemic.

We understand the rapidly changing events around COVID-19 may create a wide range of emotional responses and increased distress. The Office of Student Affairs would like to offer a range of virtual resources to aid you in your time of quarantine and isolation.

The staff are here to offer you support. Remember you are not alone and we are RedHawk strong.

Get help for yourself or someone else

You or a fellow RedHawk may be going through a challenging time right now and not sure where to get the support you need. The Dean of Students is here to help with an issue or concern such as:

- Academic or administrative issues (advising, attendance, grade appeals, financial aid concerns);
- Personal issues (relationship or family issues, adjustment to IU);
- Health or wellness issues (mental health concerns, substance abuse issues);
- Bias issues (harassment or discrimination);

For assistance send an email message to nwstuaff@iun.edu

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 and 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 that you will not be able to attend class virtually. Also ask for instructions on making up coursework you will be missing.
- If you need assistance due to your instructor(s) response to your request, please email the Dean of Students at nwdos@iun.edu for assistance.

What should I do if my test is positive?

- Remain in isolation until ALL of the following conditions are met:
 - It has been at least 1 day (24 hours) since your last fever (without the use of fever-reducing medications).

AND

 - Your symptoms are improving.
- AND**
- At least 10 days have passed since your symptoms first appeared.
- If your symptoms get worse (see list 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 see above conditions that must be met to discontinue isolation.

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.

What do I need to do about the people I've been in contact with?

- If you feel 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 identity confidential when notifying any of your contacts.

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).

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- Fever or cough that improve but then return or worsen.

IU Health Resources

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

Community Resources

- There are an abundance of Urgent Care Centers throughout the NWI area
- 911 for ambulance service

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.

- Indiana State Department of Health Resources on COVID-19: www.coronavirus.in.gov.
- IUN Health and Safety resources at <https://www.iun.edu/campus-updates/students.htm>

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, IU Health is 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.

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

- Stay in your home and do not allow others to enter your home.
- 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 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
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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 health care 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:

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- 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 14 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 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 14 days following an exposure, if you haven't developed symptoms, you are no longer considered at risk of developing symptoms or spreading the infection to others.

Where can I read more about COVID-19?

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Nutrition

Try to maintain a healthy diet and eat nutrient-rich foods, particularly if you are sick. If you are unable to eat solid food, it is important that you stay well hydrated. Water is the most basic way to hydrate, but adding an electrolyte-rich sports drink can help replenish sodium and potassium as well.

Tobacco and Vaping Cessation

During quarantine and isolation you may find yourself unable to get tobacco and/or e-cigarettes and may be experiencing difficult withdrawal symptoms. Tobacco and vaping cessation support can help. Read more at <https://iuhealth.org/find-medical-services/smoking-cessation>.



The trained, professional staff at Counseling and Psychological Services (CAPS) on the fourth floor of the Student Health Center will give you the confidential support you need. CAPS is currently offering services by phone/video only. In-person visits have been suspended due to the ongoing pandemic.

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Individual counseling

CAPS is currently offering counseling services by phone/ video only. In-person visits have been suspended due to the ongoing pandemic. We are only authorized to provide virtual counseling to students in the states of Indiana or Illinois at the time of the session. However, we can provide consultation to assist students with identifying resources in their area.

All IU students who have paid the student health fee receive two free CAPS counseling visits each semester. If you're a first-time client, you'll also receive one free, 30-minute CAPS Now appointment to connect you to appropriate services.

- To make an appointment call [812-855-5711](tel:812-855-5711) or visit go.iu.edu/CAPS.

Emergency services

For crisis situations and/or immediate need of support, you can contact your local hospital emergency department or contact the National Suicide Prevention Lifeline at 1-800-273-8255 or text HOME to 741741 .

If you've experienced a sexual assault or other types of sexual violence, call Sexual Assault Crisis Service, 812-855-8900, 24/7/365. It's free.