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Name(s) of those who can help
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SYMPTOMS
People with these symptoms, or combinations of symptoms, may have COVID-19:

- Fever (temp of 100.4°F or greater)
- Chills or shaking
- Cough
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Muscle or body aches

This is not a complete list. Other symptoms are known to be associated with COVID-19.

Handwashing
Cough into your elbow and wash your hands often with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.

Physical distancing
Physical distancing, or remaining at least six feet apart, is expected in all classrooms and where possible in public spaces and in workplaces.

Badger Pledge for Students
Students residing or taking classes on campus are asked to commit to a set of behaviors that protects their health and the health of others on campus. smartrestart.wisc.edu/badgerpledge

COVID-19 INFORMATION

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  Determine where you will quarantine to separate yourself from others should you or a roommate be exposed to COVID-19.

- **Isolation location**
  Determine where you will self-isolate to separate yourself from others should you test positive for COVID-19. Stay in a specific room or area and use a separate bathroom (if available).

**Students living on campus**

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**Students living off campus**

- Determine where you will self-isolate or self-quarantine. UHS will contact you. If you stay in your residence, review CDC guidelines on living with someone who is sick.

**Name(s) of those who can help**

- Determine how you will get food and other supplies. Contact the Dean of Students Office if you need support.

**COVID-19 INFORMATION**

**SYMPTOMS**

- People with these symptoms, or combinations of symptoms, may have COVID-19:
  - Fever (temp of 100.4 F or greater)
  - Chills or shaking
  - Cough
  - Shortness of breath or difficulty breathing
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea

*This is not a complete list. Other symptoms are known to be associated with COVID-19.*

**Face coverings**

Face coverings are required in all university buildings and public spaces where physical distancing is not possible. Your safety kit contains face coverings. Students with a disability or medical condition may apply to request an accommodation.

**Handwashing**

Cough into your elbow and wash your hands often with soap and water for at least 20 seconds or use a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.

**Physical distancing**

Physical distancing, or remaining at least six feet apart, is expected in all classrooms and where possible in public spaces and in workspaces.

**BADGER PLEDGE FOR STUDENTS**

- **smartrestart.wisc.edu/badgerpledge**

**COVID-19 INFORMATION**

**HEALTH INFORMATION**

**FOR STUDENTS**
COVID-19 affects all of us and, together, there are steps we can take to stay healthy and help limit the spread of illness.

**Testing**
On-campus, drop-in testing centers are available. Visits are by appointment with MyUHS, unlimited, and free of charge. Students who live in residence halls are required to be tested every two weeks. Results will be available in MyUHS with recommendations, followed by phone calls from UHS.

**CREATE A PLAN** in case you or a close contact tests positive for COVID-19. Share your plan with family, roommates, and friends.

- **Emergency contacts**
  Create an emergency contact list of family, friends, health care providers, instructors, and employers to get in touch with if you become ill, or cannot complete your coursework.

- **Preferred Health Care Provider**
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**Badger Pledge for Students**
Students residing or taking classes on campus are asked to commit to a set of behaviors that protect their health and the health of others on campus. smartstart.wisc.edu/badgerpledge

**Track your health and symptoms daily at no cost with the UW-Madison COVID-19 symptom tracker.**
Go to healthscreen.wisc.edu and start tracking today!

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