I'm experiencing symptoms, but I'm not sure if I have COVID-19... What should I do?

Symptoms* shared by COVID-19 and other common illnesses include:

- Fever
- Cough
- Sore throat
- Muscle or body aches
- Shortness of breath
- Runny or stuffy nose
- Muscle pain
- Headaches
- Fatigue

If you start to experience any symptoms...

Stay home
- If you are sick, whether it's COVID-19 or not, you should stay home to avoid getting others sick.
- Use delivery services or ask friends and family for help with groceries and medications.

Consider getting tested
- If you have symptoms get tested immediately.
- Call SHCC for an appointment or visit one of the testing sites below.
- If your test is negative, wait until your symptoms are improving and you have been without a fever for at least 24 hours (without the use of fever-reducing medications) before you return to class.

Students

Make sure to communicate
- If needed, submit an absence notification form to the SSA office at https://wou.edu/advising/absence/ to inform your instructors of your absence
- Get in touch with professors or other students in your classes about your absence and be aware of upcoming assignments

Utilize free virtual tutoring services
- Available for: Math, Science, English, Computer Science
- Visit: wou.edu/freetutoring

Mental health resources
- The SHCC has many services, and you can check them out at https://wou.edu/health/ or call 503-838-8313 for a counseling appointment
- You can also text/call the National Distress Helpline: 1-800-985-5990

*Source: https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm

Free Testing Sites
(appointments required)
WOU Student Health and Counseling Center
- 📞 (503) 838-8313
- 🌐 wou.edu/health/about-shcc/updates-events/

Free testing for in person classes. Call SHCC at 503-838-8313 to get triaged and begin next steps. Students taking online only classes must opt in to be assessed the health fee.

Find other conveniently located free testing sites here.

What if I test positive for COVID-19?

If you received a positive test result, report your positive test going to your WOU student portal, find "My Programs" and click on "Report positive COVID test results here", and check out our document for guidance for people who've tested positive.

Have questions? Call the OHA hotline 866-917-8881 or Polk County Hotline 503-623-8175 for more info.