What are the symptoms of COVID-19? (Screening Checklist)

COVID-19 Screening Checklist – Have you had any of the following symptoms in the past three days:

- Cough
- Shortness of Breath or Difficulty Breathing
- Fever or Chills
- Muscle or Body Aches
- Sore Throat
- Headache
- Nausea or Vomiting
- Diarrhea
- Runny Nose or Stuffy Nose
- Fatigue
- Recent Loss of Taste Or Smell

Risk Factors:

- Have you been in close contact (less than six feet) with anyone with COVID-19 or symptoms of COVID-19 in the past 14 days?
- Have you traveled anywhere outside the 50 United States in the past 14 days?
- Have you traveled to Rhode Island for a non-work-related purpose from a location with a high community spread rate (see list maintained by the Rhode Island Department of Health (RIDOH) at https://health.ri.gov/covid/)?
- Are you under an active quarantine or isolation period as directed by the Rhode Island Department of Health or your healthcare provider?

If you answered yes to any of the questions above, please do not come to campus.

Students – Call URI Health Services (URI HS) at 401-874-2246.
Staff/Faculty – Call your supervisor to advise you will not be coming to campus. Please contact your health care provider or seek COVID testing. Click here for testing sites.
How can I protect myself and others from getting COVID-19?

- Wash your hands often and for at least 20 seconds
- Wear a face covering/face mask at all times in public
- Avoid touching your eyes, nose, and mouth
- Practice physical distancing by staying at least 6 feet away from others
- Clean and disinfect frequently touched surfaces daily
- Stay home if you’re not feeling well

What are COVID-19 key terms I should know?

- Close contact means being within six feet of an infected person for at least 15 minutes, had direct physical contact with the infected person (touched, hugged, or kissed them), shared eating or drinking utensils, or they sneezed, coughed, or somehow got respiratory droplets on you.
- Physical distancing (social distancing) is for everyone. It means keeping people farther apart to prevent the virus from spreading in communities.
- Quarantine is for people who may have been exposed to the virus. It means keeping them physically apart from others in case they are infected (i.e., staying at home).
- Isolation is for people who have the virus. It means keeping them separated from people who don’t have it.

When would I need to quarantine or isolate myself for COVID-19?

A close contact of an infected person has...

- been within 6 feet of an infected person for at least 15 minutes
- had direct physical contact with an infected person (touched, hugged, or kissed them)
- shared eating or drinking utensils with an infected person or the infected person sneezed, coughed, or somehow got respiratory droplets on you

Close contacts of infected individuals should quarantine for 14 days after your last contact with a person who has COVID-19 and consider being tested for COVID-19. Call URI Health Services at 401-874-2246 for guidance.

Even if you test negative for COVID-19 or feel healthy, you must stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

Those who test positive for COVID-19 or have COVID-19 symptoms but can recover at home need to isolate for a minimum of 10 days and have no fever for three days, without the use of fever-reducing medications.

Isolation is for those who have COVID-19 (or presume to have it based on symptoms). Quarantine is for people who have been exposed to the virus. BOTH mean saying physically apart from others in case of infection.
What should I do if I have to quarantine or isolate myself?

Students asked to quarantine or isolate for COVID-19 should connect with URI Health Services if they are on or off campus. URI Health Services will regularly communicate with students and can help coordinate testing, contact tracing, and on-campus services coordination as needed.

Quarantine and Isolation

- Details available at CDC.gov.
- Do not leave your living space for any academic, work or social activities.
- If you need items, request others pick them up for you or have them delivered.
- Frequently wash your hands with soap and water. Use hand sanitizer if soap and water is not available.
- Check your temperature twice daily. Keep a log of health symptoms including temperature, presence of cough, or trouble breathing.
- URI HS will contact you daily throughout your quarantine.

This can be an overwhelming and scary time. You may be experiencing many emotions. Take care of yourself! If you already practice self-care, continue it by considering modifications to better fit your current needs. Your self-care plan could include video chats, phone calls or messaging with family and friends, meditation practices, cutting down on media consumption if you’re in info overload, keeping a journal to record your thoughts and experiences, watching shows or movies you’ve wanted to see, reading for enjoyment, exercising with online videos if you feel well enough to do so.

When should someone consider being tested for COVID-19?

If you believe you need to be tested for COVID-19, please call URI HS to coordinate and facilitate your care. CDC recommends that individuals be tested when they:

- Have symptoms of COVID-19
- Have come in close contact with someone who tested positive for COVID-19
- Are in a CDC defined high-risk group

I don’t have symptoms, but I’m worried I might have been exposed.

What do I do?

You can always discuss your situation with a nurse at URI HS by calling 401-874-2246.

In general, asymptomatic individuals who believe they have been exposed will be advised to quarantine for 14 days through a telehealth visit.

URI has a mechanism in place to quarantine and isolate students and we will help students access that system if desired.
Should I let URI Health Services know if I test positive for COVID-19, even if I'm not living on campus?

Yes. Please call 401-874-2246 if you test positive for COVID-19 at a facility other than URI HS. Students who are living either on or off campus should let URI HS know if they test positive.

Where can I learn more?

URI’s [Returning to URI](#) shows Fall 2020 plans.

[CDC website for COVID-19](#) provides information on COVID-19 prevention, preparedness and treatment in multiple languages.