



## What to do when you're sick and experiencing COVID-19 symptoms:

It is difficult to distinguish non-COVID-19 infections from a COVID-19 infection. If you suffer from any form of respiratory illness, no matter how mild, **you should isolate yourself until you are feeling better and receive a negative PCR test.** This result may take up to 48 hrs. Once your PCR test is negative AND your symptoms are improving, you may end your isolation and return to your normal routine.

Follow these instructions, while you wait for your COVID-19 PCR test results:

- **Remain out of work, school, clinicals, athletics, etc., until you receive your PCR results**
- Remain in your room and limit exposure to your roommate(s)/family and everyone else, avoid public places
- Practice excellent pandemic hygiene with strict well fitted mask wearing, social distancing, and washing your hands frequently
- You must avoid the classroom environment and social gatherings
- Please notify your face-to-face instructors that you will require an absence from the classroom during this time, employees should notify their supervisor
- Students may pick up food from the Dining Hall, but need to eat meals in your room
- You may leave your room to pick up a prescription from Health Services or receive medical care, however, please notify your health care provider you are awaiting COVID test results
- If your symptoms persist or worsen, students should reach out to URI Health Services for further guidance (401) 874-2246, employees should reach out to their primary care providers

**Please continue to monitor your URI email for test results.**