



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by IUP Health Service, a part of the Center for Health & Well-Being January 19, 2021

ALL ABOUT COVID TESTING

Where can I get a test if I'm sick?

Call IUP Health Service for a telehealth appointment:
724-357-2550
Your private healthcare provider, IRMC, MedExpress, or CVS.

While waiting for your test result you need to self-quarantine. Avoid close contact with others, wear a mask, and avoid social gatherings!

Difference between quarantine & self-isolation

Quarantine means you don't have the virus but have been exposed to someone who has COVID. Symptoms could still develop.

Self-isolate means you have the virus and must stay away from others. This helps prevent the spread of the virus to others.

I'm not sick but I want a COVID test. Where do I go?

The KCAC is offering FREE COVID testing:
January 16—February 8
8:00 a.m.—5:00 p.m. including Saturday & Sunday

After February 8—testing is 8:00 a.m.—5:00 p.m.
Monday-Friday
Results will be posted to a secure web portal in 24-48 hours after your test.

You must pre-register thru the Virus Geeks portal.

Remember, you're not alone



IF YOUR COVID TEST IS POSITIVE:

- You will be notified by IUP Health Service with your result.
- The PA Dept of Health will be in contact with you to conduct contact tracing.
- If you live on campus you will self-isolate in Delaney Hall.
- If you live off campus you can isolate in your residence. You also have the option to self-isolate in Delaney Hall.
- Take care of yourself! If your symptoms worsen, call 911 or go to the ER.

I was exposed to COVID. Now what?

- Call IUP Health Service (724-357-2550) for information.
- Stay home for 14 days after last contact
- Watch for fever, shortness of breath, cough, or other symptoms.

Health Service
Center for Health and Well-Being
901 Maple Street, Suite G65
Phone: 724-357-2550
Health-inquiry@iup.edu

Office Hours
Monday through Thursday:
8:00 a.m.— 4:30p.m.
Friday:
10:00 a.m.— 4:30 p.m.