



# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by IUP Health Service in the Center for Health & Well-Being

Sept 4, 2023

## Could I have COVID-19?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

### Possible symptoms include:

- Fever or chills
- Cough
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache, Fever or chills

This list does not include all possible symptoms. Symptoms may change with new COVID-19 variants and can vary depending on vaccination status.



If you are experiencing any of these symptoms, consider getting tested!

IUP Health Service has several testing options. If you are having symptoms we recommend an appointment with a provider to have a free rapid antigen test or a free PCR COVID-19 test.

- **PCR tests** are the “gold standard” for COVID-19 tests. They are a type of nucleic acid amplification test (NAAT), which are more likely to detect the virus than antigen tests.
- **Antigen tests** are rapid tests that usually produce results in 15-30 minutes. Positive results are very accurate and reliable. However, in general, antigen tests are less likely to detect the virus than PCR tests, especially when symptoms are not present.

If you test **positive**, you will need to **isolate** and avoid close contact with others for **5 full days**. The day your symptoms started would be day 0. You are not to go to **in person** class, attend **in person** meetings, practices or activities. You are permitted to get your meals but are required to wear a well fitting mask in the dining hall and return to your room to eat.

If you are feeling better and are fever free **after the 5th day of isolation**, you can return to class and activities in person but it is recommended that you continue to wear a mask for 5 additional days to be sure not to spread the virus to others.

Please call Health Service 724-357-2550 or email [health-inquiry@iup.edu](mailto:health-inquiry@iup.edu) with questions!

If you had **close contact** with someone who has COVID-19 and you do not have any symptoms, you should still get tested **5 days** from the last close contact with that person.

**Free** at home COVID-19 Antigen tests are available in the waiting room at Health Service  
(Close contact= being within 6 ft for 15 minutes or longer with someone)

If you **test +**, isolate for **5 full days** from the day you test.

**FREE!!!**



**OTC  
MEDICATION  
AT HEALTH  
SERVICE**

- Acetaminophen
- Ibuprofen
- Decongestant
- Cough Drops

**IUP Health Service  
901 Maple Street  
Suites on Maple East  
G65**

**M-TH 8am-4:30pm  
F 10am-4:30pm**

**Call  
724-357-2550  
Or email  
[health-inquiry@iup.edu](mailto:health-inquiry@iup.edu)**