

# STUDENTS

## Steps to take with a confirmed or possible COVID-19 diagnosis.



### 1 MAKE A PLAN

Students and families make a contingency plan in case you are exposed to or test positive for COVID-19.

### 2 IF YOU DEVELOP COVID SYMPTOMS OR HAVE EXPOSURE CONCERNS

Complete a COVID Care form and call the OMC triage line at 507-292-7266 or your personal health care provider.

### 3 ASSESSMENT

OMC staff or personal health care provider will assess your symptoms, determine if testing is needed, and will advise on health care best practices.

The COVID Care team will reach out to provide support and resources.

### 4 IF ISOLATION OR QUARANTINE IS NECESSARY

Notify the COVID Care team of results and your health care provider's recommended action. *This step is strongly recommended to help protect the community, though not required.*

Once notified, COVID Care team can provide assistance with isolation or quarantine housing if necessary.

Contact faculty about ongoing academic support if you will be missing class. *You are not required to disclose isolation or quarantine status.*

### CONTACT TRACING

Students, faculty, staff, or others who may have had close contact with a **confirmed positive case** will be notified by public health officials through **contact tracing**.

*Names of people who test positive or who may have been exposed will not be released, per HIPAA and FERPA rules.*

### WHO TO CONTACT

Health and wellness:  
[OMC Triage Line](#)  
507-292-7266

[COVID Care Report](#)  
z.umn.edu/  
UMRCOVIDCareForm

Classes and academic support: Contact your instructors or coach.