

UM Student Health Services COVID-19 Recommendations

If you are experiencing symptoms of COVID-19 including:

- New onset congestion or cough
- Sore throat
- Head or body aches
- Nausea, vomiting, or diarrhea
- Loss of taste or smell

Remain in your room or at home and do not attend class. You may use an at-home COVID test, make an appointment with Student Health Services, or be tested off campus at a local health care facility.

If you have symptoms and your COVID test is negative

You may return to class and other activities if symptoms are improving and you have been fever free for 24 hours. If your symptoms are not improving, consider testing again in 24-48 hours.

If you have tested positive for COVID-19

Return home or stay in your room on campus for 5 days after the onset of symptoms. If you have a roommate, you must wear your mask while your roommate is present, except for sleeping.

You may leave your room to get food or supplies for medical care. Wear a mask and limit interaction with others when leaving room.

E-mail professors, coaches, and employers as soon as possible to notify them of your absence. Documentation of your illness containing your projected return date may be obtained from Student Health Services or the facility where you were tested. If you tested at home, you must email a photo of your positive test to healthserv@montevallo.edu.

You may return to class and other activities after 5 days of isolation if symptoms are improving and you have been fever free for 24 hours. You must wear a mask in public at all times for 5 more days after isolating.

How to treat symptoms

- Get plenty of rest and adequate fluids.
- Fever reduction- Take acetaminophen (e.g. Tylenol) every 4-6 hours or ibuprofen (e.g. Advil, Motrin) every 6-8 hours. These two medications may be alternated every four hours.*
- Congestion- Take a medication containing phenylephrine or pseudoephedrine (e.g. Sudafed).*
- Cough- Take a medication containing dextromethorphan (e.g. Robitussin or Mucinex DM).*

*Always consult a medical professional prior to taking any medications

When to seek medical attention

- If your symptoms get worse after treatment at home for 3 or 4 days, you need to be checked to make sure you have not developed a secondary infection.
- Emergency medical attention is needed if you develop severe symptoms such as difficulty breathing, chest pain or pressure, severe vomiting, confusion, or seizures.

If you have been in close contact with someone with COVID-19

You may continue going to class and other activities. Wearing a mask for 10 days is encouraged to protect others. If you become symptomatic, follow the recommendations above.

If you have any additional questions contact Student Health Services
Main Hall, East Wing ♦ (205) 665-6275 ♦ healthserv@montevallo.edu
Monday-Friday 8:00 am – 5:00 pm