

UNIVERSITY OF ILLINOIS
AT SPRINGFIELD

Health Services
Division of Student Affairs
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Coronavirus Disease 2019 (COVID-19) Symptom Screening Guide

If you have recently [traveled](#) by plane, sea, or any other types of public transportation:

UIS Health Services strongly recommends following these steps to help protect yourself and others.

1. Be aware of respiratory symptoms (persistent cough or shortness of breath).
2. If you develop a fever, feel feverish, chills, or hot flashes:
 - Take your temperature. A fever is an actual measured temperature of 100.4° or higher.
 - Stay home. Avoid contact with others as much as possible.
 - **CALL** Health Services or your primary care provider ***before going to an office or emergency room*** to report symptoms and any recent travel.
3. Practice strict respiratory and hygiene precautions including:
 - Cover your nose and mouth with a tissue or sleeve (not your hands) when coughing or sneezing.
 - Wash hands often with soap and water for at least 20 seconds, or using a 60%-95% alcohol-based hand sanitizer if soap is not available. ALWAYS wash with soap and water if hands are visibly dirty.

Additional things you can do to keep yourself and others healthy are:

- Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Do not share personal items, such as food or drink.
- Avoid close contact with individuals who are sick.
- Stay home when you are sick. Remain home for at least 24 hours after you no longer have a fever (without taking fever-reducing medication) or signs of a fever (i.e., chills, feeling warm, flushed appearance).
- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Outbreaks involving COVID-19 evolve quickly and recommendations from public health officials may change as new information becomes available. Please check the following websites often for up to date information:

- [IDPH: Coronavirus COVID-19](#)
- [CDC: Coronavirus COVID-19](#)

If you are unsure about symptoms, or have any concerns, please call or email Health Services at ph. 217-206-6676, email uishealthservice@uis.edu

