

Fall 2024 COVID-19 Guidance for Students

COVID-19 is now being treated in a similar manner to other upper respiratory conditions, with the caveat that individuals with certain underlying medical conditions may benefit from treatment with Paxlovid to reduce the risk of developing a more serious infection.

What should I do if I think I might have COVID?

If you have symptoms of an upper respiratory tract infection, which includes COVID-19, try to stay in your room and away from others as much as possible while symptoms persist. A COVID-Flu-Cold symptom checker can be found on the UHS website: <https://www.rochester.edu/uhs/care-of-colds-and-flu/>

You can fully resume normal activities when, for at least 24 hours, your symptoms are improving and there is no fever (without use of medications).

Once your symptoms are gone, you should take added precautions for at least 5 days, including masking, physical distancing, and good hand hygiene.

What about my roommate?

If you have a roommate, it wouldn't be a bad idea for them to wear a mask while in the room with you (except while sleeping). While masking is not a requirement, it is an added measure of preventing the spread of the illness.

Should I take a COVID test?

If you want to confirm that you are COVID positive, there are free COVID tests available in the vending machine located in the UHS building—accessible 24 hours a day—as well as at the check-in desk on the first floor, and at UHS's Eastman Office. UHS also has masks available by the entrance to the building, which is also available 24 hours per day.

What if my symptoms get worse?

Students should seek care if they have a fever (Temp >-101 F), are coughing up brown/green mucus, have chest pain or shortness of breath, or have symptoms that last longer than 10 days. Self-care tips can be found on the UHS website: <https://www.rochester.edu/uhs/care-of-colds-and-flu/>

Should I get a booster vaccine?

The [CDC does recommend the COVID booster](#). While UHS does not have the COVID-19 vaccine, it is available for free at pharmacies in the community, including the CVS in College Town, Walgreens, and Wegmans.

Anything else I should do to stay healthy this year?

Yes: get a flu shot. UHS will host flu clinics on campus this fall, including a flu clinic on Thursday, October 17. For your personal health, flu shots offer the best and safest way to fight and prevent the spread of the illness. While not perfectly effective for every person every year, they do offer the best protection to get you through the flu season months, and the vaccination does not cause the flu. Some people may react with a sore arm or feel achy after the shot, but this is much better than coming down with influenza, which can cause serious health complications, especially for those in high-risk groups.

For more COVID-19 information, see the [UHS website](#)