

From: [Watkins Health Services and Administration](#)
To: [KU Lawrence All Staff, Faculty and Affiliates; Active and Incoming Lawrence and Edwards Students @ KU](#)
Subject: COVID-19 Information from Watkins Health Services
Date: Tuesday, September 1, 2020 1:00:43 PM



COVID-19 Information

Students, faculty and staff:

Educating our campus is key to reducing the spread of COVID-19 in our community. While there are many misperceptions and misunderstood terms, we want to ensure Jayhawks are well-informed and practicing preventive measures correctly. This message includes updated information about the latest protocols for how to obtain a COVID-19 test from Watkins Health Services, so please read carefully.

Testing and Close Contacts with a Positive Case

Watkins has developed specific recommendations regarding how testing for COVID-19 is managed by the health center now that most of our campus' entry testing has been completed.

1. SYMPTOMATIC individuals needing to be tested:

- Call Watkins at 785-864-9583 and ask to speak to a Nurse regarding COVID-19 testing.
- Nurse will go over exposure risks and the current symptoms.
- Nurse will ask individual if they would like to see a Watkins provider at the time of testing.
- Symptomatic individuals will receive nasal swab during testing.
- Nurse will advise individuals to isolate until the test results are finalized and shared with them.
- Nurse will advise on further isolation if test is positive.

2. Individuals who are a close contact with a POSITIVE case. Close contact is defined as greater than 10 minutes of contact less than six feet away from the positive individual including household contacts or roommates:

- Call Watkins at 785-864-9583 and ask to speak to a Nurse and mention that you are a close contact with a positive case.
- Nurse will ask about contact within past two weeks of a lab-confirmed case of COVID-19, including timing and location.
- Nurse will review any symptoms with the individual.
- Individuals who are a close contact of a positive case will quarantine for 14 days, whether they have symptoms or not. If interested in testing, please call the nurse helpline at 785-864-9583. We will arrange for either a nasal swab or a saliva test based on symptoms.
- A close contact of a positive case without symptoms may still arrange to receive a COVID-19 test through the process below:
 - Testing is available at Watkins only during designated times and requires calling ahead to identify an appointment time.
 - Close contact follow-up testing is only available at the designated testing location with a designated appointment, either by saliva collection or nasal swabs.
 - The individual MUST be at least 7 days after exposure to the positive case.
 - Close contact testing DOES NOT get the individual out of the requirement to quarantine.

Asymptomatic vs. Symptomatic

Asymptomatic – having no symptoms.

Symptomatic – having symptoms, such as:

- Chills, or fever above 100 degrees
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea
- Congestion or runny nose

How it Spreads

COVID-19 is a disease caused by a virus that can spread from person to person. You can become infected by coming into close contact with a person who has COVID-19,

whether that person feels sick or not. The Kansas Department of Health and Environment (KDHE) defines “close contact” as less than 6 feet in distance for greater than 10 minutes cumulative, masked or unmasked. You can become infected from respiratory droplets when an infected person coughs, sneezes, talks, sings, etc. You may also contract it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

Quarantine vs. Isolation

Quarantine is recommended for individuals who have been directly exposed to COVID-19 or have traveled to Kansas from locations [identified by KDHE](#). You must quarantine for 14 days after exposure and observe for symptoms. Testing will not end your quarantine any faster.

Isolation is recommended for people who have tested positive for COVID-19 or are symptomatic and awaiting test results. It can be discontinued under the guidance of Watkins Health Services or your physician.

Contact Tracing

Contact tracing is vital to stopping the spread of coronavirus. If you are diagnosed with COVID-19, a public health worker may call you to check in on your health, discuss who you’ve been in contact with, and ask where you spent time while you may have been infectious and able to spread COVID-19 to others.

Although we all have a right to our privacy, failing to identify contacts will mean that people carrying the virus will continue to attend classes, infecting others. Please share information with Watkins Health Services or Douglas County Public Health so contacts can be notified in a timely manner. The process is completely confidential.

Commitment to Safety

Each of us has a commitment to support the safety of KU and the local community by following sound preventive practices whether on or off campus:

- Wear a mask or face covering
- Maintain physical distance (six feet or greater)
 - Being outside is safer than being inside, but does not negate the need for social distancing - six foot spacing and wearing a mask are still required
- Practice good hygiene
 - Wash hands frequently

- Use hand sanitizer
- Cover your cough or sneeze
- Avoid sharing personal items
- Clean surfaces often
- Avoid large gatherings
- Use curbside services
- Stay at home or your place of residence as much as possible

Resources

- [Protect KU](#)
- [Kansas Department of Health & Environment \(KDHE\)](#)

Be well,

Watkins Healthcare Providers

[Watkins Health Services](#) | [785-864-9500](tel:785-864-9500) | [Twitter](#)