

**REMINDER:** Colds, flu, and strep throat are common. It is likely that people will experience mild illnesses during this time. While the Student Health Center is closed please follow these guidelines.

- Practice hand hygiene – wash frequently with soap for a minimum of 20 seconds.
- Limit close contact with other people and pets.
- Do not share utensils, dishes or drinking cups.
- Take over the counter medications for symptom relief (e.g., cough medicine, Tylenol/Motrin, etc.)

If symptoms are unmanageable with rest, fluids and over the counter medications and if you have a **fever greater than 100.4 and shortness of breath** please contact a local urgent care.

Call the Urgent Care location prior to going to determine if in-person medical evaluation is needed.

Discuss your symptoms, any travel history, and close contact with a person who has laboratory-confirmed COVID-19.

If you go to Urgent Care, treatment may include a rapid flu and strep test and further assessment for COVID-19 and care. Please notify campus safety if you go to Urgent Care. They will notify Health Services so we can follow up with you.

If it is determined that you need to stay home do the follow the directions of the provider.

### **Local Area Urgent Care Locations** **Insurance or Cash/Credit**

**CareFirst Urgent Care**

2845 Progress Way

Wilmington, OH 45177

Phone: (937) 366-1082

<https://carefirsturgentcares.com/locationshours/#Locations-7>

**HOURS:** 8 a.m. to 8 p.m., 7 days a week

**Greater Tomorrow Health**

2107 Rombach Ave.

Wilmington, Ohio 45177

Phone (937) 383-1040

X-ray services

<https://greatertomorrowhealth.com/>

**HOURS:** 8 a.m. to 8 p.m., 7 days a week

**The Little Clinic – Kroger**

1230 Rombach Ave.

Wilmington, Ohio 45177

Phone (937) 655-5750

[https://www.thelittleclinic.com/clinic-details/854/00330?cid=loc\\_85400330tlc\\_gmb](https://www.thelittleclinic.com/clinic-details/854/00330?cid=loc_85400330tlc_gmb)

**HOURS:** 8:30 a.m. to 7:30 p.m. M-F

8:30 a.m. to 5 p.m., Saturdays

9:30 a.m. to 5 p.m., Sundays

**Patients with COVID-19 have experienced mild to severe respiratory illness.**

**Symptoms\* can include**

**FEVER**



**COUGH**



**\*Symptoms may appear 2-14 days after exposure.**

**SHORTNESS OF BREATH**



**Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.**



For more information: [www.cdc.gov/COVID19-symptoms](http://www.cdc.gov/COVID19-symptoms)