

2021-22 COVID-19 Checklist



People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you are sick,

- Notify a family member or guardian
- If you are not able to attend school/work, notify your instructors/supervisor
- Be aware of these Emergency Warning Signs of COVID-19 and seek emergency medical care if any of the signs are present.
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone
- Monitor symptoms
- If symptoms persist, visit a health care professional
 - AveraNow (Urgent Care), 605-995-7000, 1900 Cabela Drive

If you are a Close Contact,

- Follow the directions of your health care professional.
- Refer to the Mitchell Technical College Spring 2022 COVID-19 Guidelines located at <https://www.mitchelltech.edu/coronavirus> for information as to when you can return to campus
- Students – Inform your instructors that you are a close contact. Contact Scott Fossum with any questions – (605) 995-7178, scott.fossum@mitchelltech.edu.
- Employees – Inform your supervisor that you are a close contact. Contact John Heemstra with any questions – (605) 995-7204, john.heemstra@mitchelltech.edu.

If test positive for COVID-19,

- Follow the directions of your health care professional
- Students – Notify Scott Fossum – (605) 995-7178, scott.fossum@mitchelltech.edu – and inform your instructors.
- Employees – Notify John Heemstra – (605) 995-7204, john.heemstra@mitchelltech.edu – and inform your supervisor.