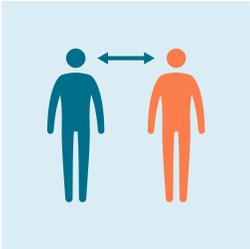


Help prevent the spread of COVID-19

You may have COVID-19 even if you are not showing any symptoms, which means you could unknowingly spread the virus to other people. Follow these guidelines to help prevent the spread of COVID-19.



Stay at least 6 feet from other people.



Do not touch your eyes, nose and mouth.



Wear a face mask.



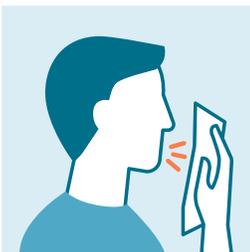
Clean and disinfect frequently touched objects and surfaces.



Wash your hands regularly.



Stay home if you are sick.



Cover your cough or sneeze with a tissue. Throw tissue in the trash and wash your hands.

Symptoms of COVID-19

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

Testing is available to anyone experiencing one of the following 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

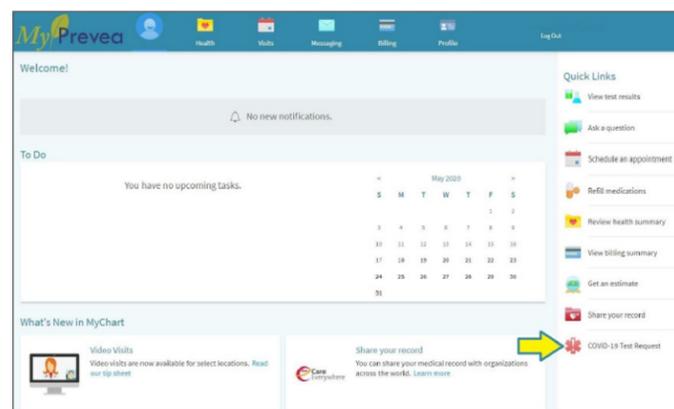
If you have any of the above symptoms or if your temperature is 100.0°F or greater, you may be tested for the virus.

What to do if you have COVID-19 symptoms?

1 Contact your athletic trainer or health care provider to be screened and/or tested. If you are a Prevea patient or want to be tested through Prevea, continue to step 2.

2 Go to myprevea.com New users click on **SIGN UP NOW**, and then click the green **SIGN UP ONLINE** button on the right side of the screen.

3 Click on COVID-19 TEST REQUEST as shown in the image to the right.



If you don't have access to a computer or mobile device, please call **(920) 431-1810** for an assessment and your COVID-19 test ordered by phone.

You will be instructed where to go for COVID-19 testing. Upon arrival, please follow the directional and instructional signs at the testing site.

Test results

You will receive your test results through your MyPrevea account within 7 days of the test. In addition, you may receive a call from Prevea if you have a positive result. If you have not received your result in 7 days, please call **(920) 431-1810**. From MyPrevea, you may print your results as needed.

If you called Prevea to get your assessment and test ordered, you must sign up for a MyPrevea account to view your test results. If you do not have an active MyPrevea account, you will receive a telephone call from Prevea.

MyPrevea is a convenient, secure and confidential online resources where you have access to your personal health information from a computer or mobile device at any time. To sign up, visit [MyPrevea.com](https://myprevea.com) or download the MyPrevea app from the App Store or Google Play.

While you wait for your results, follow these directions:

- Isolate yourself at home and from others in your household. Stay in a separate bedroom, use a separate bathroom and do your best not to come into contact with others until you are free from fever for 24 hours.
- If your symptoms worsen, use Prevea Virtual Care or call **(920) 431-1810** to be assessed.
- Treat symptoms symptomatically:
 - Drink a lot of fluids/water.
 - Get as much rest as you can.
 - Use acetaminophen as needed for fever or pain.
- Wash your hands thoroughly and frequently, for at least 20 seconds at a time.
- Clean surfaces frequently.
- Do not share personal items (dishes, toothpaste, towels, bedding).
- Cover your mouth when you cough or sneeze.
- Once you have recovered, maintain social distancing. Minimize how often you leave your house, and stay at least six feet away from others.



Anyone experiencing severe and life-threatening COVID-19 symptoms should call 911. If you prefer to travel to an emergency room on your own, call the hospital prior to your arrival to explain your symptoms. This will provide the emergency department time to prepare for your arrival and ensure others in the area will be protected from the potential spread of infectious disease.

