

## Frequently Asked Questions

### What if I test positive for COVID-19?

Centers for Disease Control and Prevention (CDC) recommends that if anyone believes they have COVID-19 symptoms or tests positive for COVID-19, the person should stay home, contact their doctor, take care of themselves, be well hydrated by drinking plenty of fluids.

Call 911 if experiencing breathing difficulty such as shortness of breath.

An infected person could end isolation after 10 days or longer until they feel well and are symptom free, and with no fever for at least 24 hours.

Students who are sick with COVID-19 should follow CDC guideline before having in-person class or contact with others. \*\*Students should notify their professor or Student Health Center to

be excused from class.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

### Can I get medical care at the University Health Center?

Yes, you can call the University Health Center at 202-274-5030 from 8:30am to 5:00pm Monday-Friday. Staff at the Center are teleworking.

### What are the symptoms of COVID-19?

Common signs and symptoms of COVID-19 include running nose, cough, fever, sore throat, shortness of breath, loss of sense of taste and smell.

### When should I seek medical care for COVID-19?

If develop any of COVID-19 signs and symptoms call your healthcare provider immediately or contact the University Health Services.

Seek emergency care if you have:

- Trouble breathing
- Shortness of breath
- Persistence pressure or pain in the chest,
- New confusion or inability to arouse
- or Bluish lips or face

### How is COVID-19 Transmitted between people?

COVID-19 is transmitted from person to person through exhalation of respiratory droplets from the nose and mouth and close contact. People can contract COVID-19 by breathing in droplets from an infected person. Droplets can also land on objects and surfaces and people can catch the virus by touching those surfaces and then touching their eyes, nose or mouth.

### **Can an asymptomatic person spread the virus?**

Yes, an asymptomatic person is a person who has the virus but does not know. There have been many asymptomatic transmissions, that is why one should stay home and wear face covering when outside in the public.

### **When is testing for COVID-19 important?**

Testing for COVID-19 is important for people who have been exposed and are sick. Knowing the diagnosis is important for clinical care and for protecting others from contacting the virus. People who are positive should isolate themselves.

### **How can I protect myself against COVID-19?**

The Centers for Disease Control and Prevention (CDC) recommend:

- Social distancing, maintaining a distance of at least 6ft between yourself and others
- Regular hand washing with soap and water for at least 20 seconds or using 60% alcohol-based hand sanitizer.
- Avoiding touching your eyes, nose, and mouth with unclean hands
- Covering your mouth and face with face covering or face mask when outside
- Covering your mouth and nose when you sneeze or cough and disposing of tissue immediately and washing your hands
- Cleaning and disinfecting frequently touched surfaces daily
- Stay home if you are sick and seek medical care if needed

### **How can you help a friend or family member who is sick with COVID-19?**

You can drop off food or other supplies, call them to make sure they are coping well. You can help them contact their healthcare provider.

### **Is there any treatment or vaccine for COVID-19?**

There are no licensed vaccines or medications for COVID-19 at present. Research of treatment options are ongoing.

### **What is the difference between quarantine and isolation?**

Quarantine helps prevent the spread of the disease in a person that do not yet have symptoms of COVID-19 but have been in contact with someone who had tested positive with COVID-19. Isolation is used to **separate people infected with COVID-19 from people who are not infected.**

### **Where can I get help for psychological needs?**

If you are feeling anxious or depress, you should contact the University Counseling Center for help at 202-274-6000. Keep in touch with family and friends via electronics to lessen the burden

### **Where can I go for testing if I need one?**

The University does not offer testing for COVID-19 at present.

There are various free testing sites in the District of Columbia, Maryland and Virginia

Below are links for testing sites.

## Virginia

<https://www.vdh.virginia.gov/coronavirus/covid-19-testing/covid-19-testing-sites/>

## Maryland

<https://coronavirus.maryland.gov/pages/symptoms-testing>

## District of Columbia COVID-19 Testing Sites

### Free Public Testing Sites

Site	Address	Time	Appointment Needed?
Anacostia: Walk-up	<a href="#">2241 Martin Luther King Jr. Avenue, SE</a>	Monday, Wednesday, Friday 10 am - 2 pm	No.
Anacostia: Drive thru	<a href="#">2241 Martin Luther King Jr. Avenue, SE</a>	Monday, Wednesday, Friday 10 am - 2 pm	Yes, call Testing Triage Call Center at 1-855-363-0333
UDC-CC Bertie Backus Campus: Walk-up	<a href="#">5171 South Dakota Avenue, NE</a>	Tuesday, Thursday 10 am - 2 pm	No.
UDC-CC Bertie Backus Campus: Drive thru	<a href="#">5171 South Dakota Avenue, NE</a>	Tuesday, Thursday 10 am - 2 pm	Yes, call Testing Triage Call Center at 1-855-363-0333.
Judiciary Square: Walk-up	<a href="#">F Street, NW between 4th &amp; 5th Streets, NW</a>	Monday through Friday 10 am-2 pm	No.

### Testing at DC Firehouses - All Walk-up! No Appointment Needed!

Site	Address	Time	Appointment Needed?
FEMS Engine 4	<a href="#">2531 Sherman Avenue, NW</a>	Monday, Tuesday, Wednesday, 4 - 8 pm	No.
FEMS Engine 11	<a href="#">3420 14<sup>th</sup> Street, NW</a>	Monday, Tuesday, Wednesday, 4 - 8 pm	No.

FEMS Engine 24	<a href="#">5101 Georgia Avenue, NW</a>	Monday, Tuesday, Wednesday, 4 - 8 pm	No.
FEMS Engine 31	<a href="#">4930 Connecticut Avenue, NW</a>	Monday, Tuesday, Wednesday, 4 - 8 pm	No.
FEMS Engine 8	<a href="#">1520 C Street, SE</a>	Thursday, Friday – 4 - 8 pm; Saturday 12 - 4 pm	No.
FEMS Engine 10	<a href="#">1342 Florida Avenue, NE</a>	Thursday, Friday – 4 - 8 pm; Saturday 12 - 4 pm	No.
FEMS Engine 30	<a href="#">50 49<sup>th</sup> Street, NE</a>	Thursday, Friday – 4 - 8 pm; Saturday 12 - 4 pm	No.
FEMS Engine 33	<a href="#">101 Atlantic Street, SE</a>	Thursday, Friday – 4 - 8 pm; Saturday 12 - 4 pm	No.

**What other providers are offering a COVID-19 test?**

Site	Appointments
GW University Medical System	For an appointment, call (202) 741-2765
Children’s National Health System	For an appointment, visit <a href="http://bit.ly/childrensnationaltesting">bit.ly/childrensnationaltesting</a>
All Care Family Medicine & Urgent Care	For an appointment, call (202) 787-1979
Mary’s Center	For an appointment, call 1-844-796-2797
Unity Health Care	For an appointment, call (202) 469-4699
Whitman-Walker Health	For an appointment, call (202) 745-7000
Medstar Health	For an appointment, visit <a href="http://MedStarhealth.org/eVisit">MedStarhealth.org/eVisit</a>
Sibley Memorial Hospital	For an appointment, call 443-997-9537
Howard University Hospital	For an appointment, call (202) 865-2119
Bread for the City	For more information, call (202) 265-2400
Elaine Ellis Center of Health	For an appointment, call (202) 803-2340
Additional Member Testing Sites	
One Medical	For an appointment, call (202) 695-7576
Kaiser Permanente	For an appointment, call (202) 346-3000

*Information obtained from Centers for Disease Control and Prevention, DC Dept. of Health,  
American College Health Association, and Johns Hopkins Medical Center*