Students: What to do if you are feeling ill?

Royal Roads UNIVERSITY

If you have symptoms of COVID-19 or think you might have COVID-19

Self-isolate and DO NOT ENTER CAMPUS

Report your absence due to illness to RRU:

- to your instructor and
- to your CARE Team

Consult a physician, COVID-19 self-assessment tool at or call 8-1-1 to determine if test is needed

TEST REQUIRED

IF YOU TEST POSITIVE FOR COVID-19:

- Seek medical attention as needed
- Self-isolate and/or quarantine as directed by your health care provider and/or public health
- Inform your CARE Team

Work with the CARE Team regarding access to medical extensions or accommodations and a plan for resuming studies

NO TEST REQUIRED

TESTING IS STRONGLY RECOMMENDED for those with symptoms of COVID-19. If you choose not to get a test, isolate for 10 days from symptom onset, and ensure symptoms are resolved before ending isolation.