

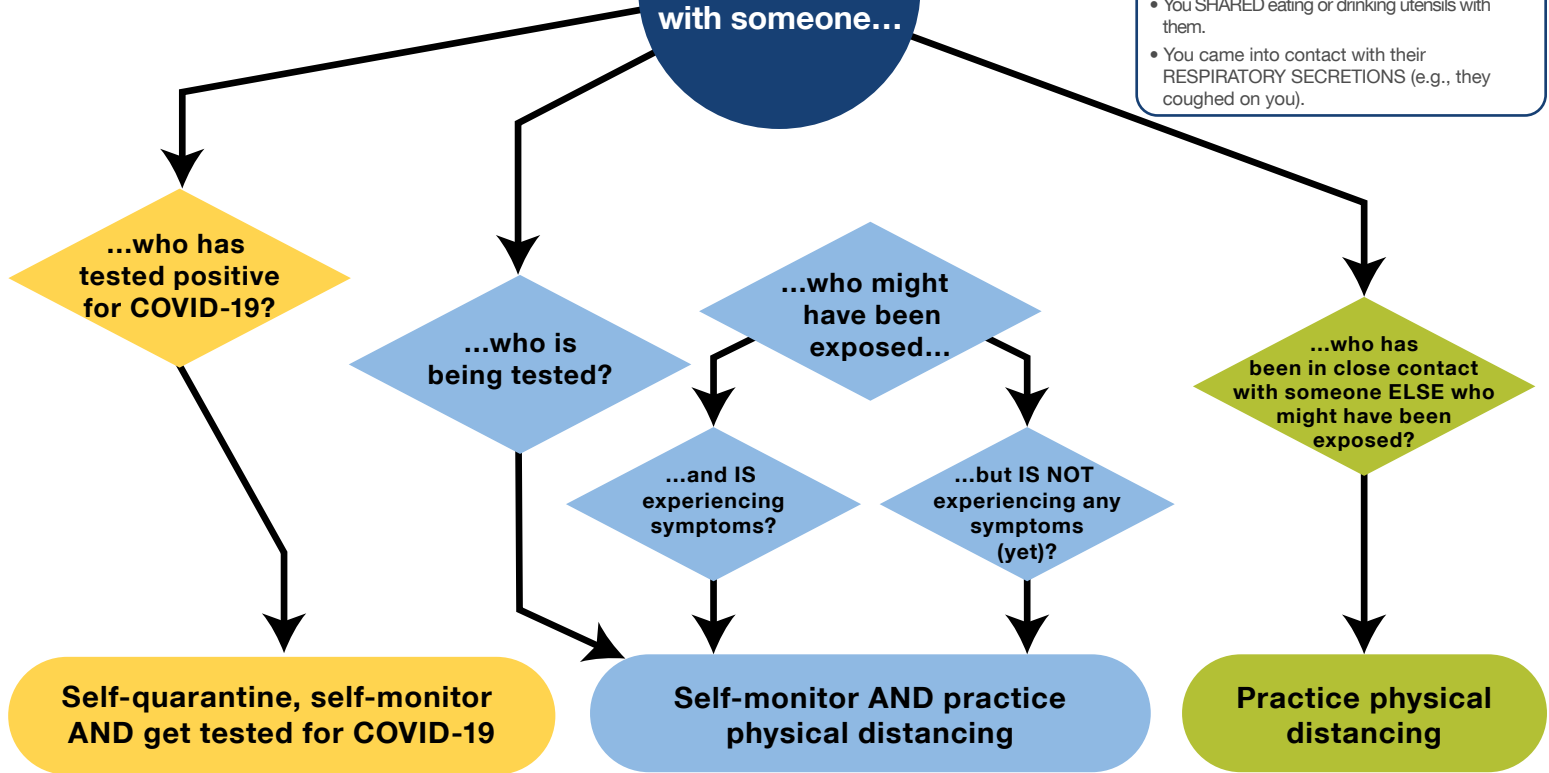
W Employees

What should I do if...

I've been in close contact with someone...

What counts as "close contact?"

- You spent a **PROLONGED** period of time in the same room (e.g., for 15+ minutes less than 6ft apart).
- You had **DIRECT PHYSICAL CONTACT** with the person (e.g., kissing, hugging).
- You **SHARED** eating or drinking utensils with them.
- You came into contact with their **RESPIRATORY SECRETIONS** (e.g., they coughed on you).



How do I...

...self-quarantine?

STAY HOME for 14 days. You must stay home for 14 days with or without a positive test.

AVOID CONTACT with other people.

DON'T SHARE household items.

CONTACT Campus Health Center
662.329.7289

NOTIFY your supervisor.

CALL Human Resources
662.329.7222

...self-monitor?

BE ALERT for symptoms of COVID-19, especially a dry cough or shortness of breath.

TAKE YOUR TEMPERATURE every morning and night, and write it down.

CALL your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).

DON'T seek medical treatment without calling first!

CONTACT Campus Health Center
for questions 662.329.7289

...practice physical distancing?

STAY HOME as much as possible.

DON'T physically get close to people; try to stay at least 6 feet away.

DON'T hug or shake hands.

AVOID groups of people and frequently touched surfaces.

CONTACT Campus Health Center
for questions 662.329.7289

And practice great hygiene!

WASH your hands frequently • **AVOID TOUCHING** your face • **DISINFECT** frequently touched surfaces regularly

Learn more at www.muw.edu/disease



What if I have symptoms, awaiting test results or tested positive for COVID-19?

- 1.) Stay home and do not come to campus.
- 2.) Contact Campus Health Center.
- 3.) Notify your supervisor and call HR.