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

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.
CONTACT Campus Health Center 662.329.7289
AVOID CONTACT with other people.
DON'T SHARE household items.
NOTIFY your supervisor.
CALL Human Resources 662.329.7222
WAIT until you are cleared by Campus Health Center.

...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 should I do if...

...who has tested positive for COVID-19?
Self-quarantine, self-monitor AND get tested for COVID-19

...who is being tested?
Self-monitor AND practice physical distancing

...who might have been exposed...
...and IS experiencing symptoms?
...but IS NOT experiencing any symptoms (yet)?

...who has been in close contact with someone ELSE who might have been exposed?
Practice physical distancing

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

Adapted from MIT Medical 06/2020 Rev. 12.10.20