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

...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?

Practice physical distancing

...but IS NOT experiencing any symptoms (yet)?

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

How do I...

...self-quarantine?

STAY HOME for 14 days or contact Housing and Residence Life to initiate self-care plan. You must stay home for 14 days with or without a postive test.

AVOID CONTACT with other people.

DON’T SHARE household items.

NOTIFY faculty of any expected absences.

CONTACT Campus Health Center 662.329.7289

...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 counts as “close contact?”

• You spent a PROLONGED period of time in the same room (e.g., for 15+ minutes while 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).

Adapted from MIT Medical 06/2020 Rev. 08.31.20