

WHAT STEPS SHOULD I TAKE?

I have been around someone who was exposed to COVID-19 or believe I might have been exposed, but am unsure.

Continue to monitor for symptoms. Be extra careful to wear your face covering, wash your hands and maintain social distancing. If you begin to experience symptoms, take the proper steps outlined in this chart.

I have COVID-19 symptoms.*

Immediately begin self-isolation.

Someone I know has tested positive for COVID-19 and I have been within 6 feet of them for more than 15 minutes.

Immediately begin preventative quarantine.

Call the Campus Nurse Practitioner (NP) for evaluation, or contact your local health care provider.

Did the health care provider recommend you be tested for COVID-19?

NO

YES

SELF-ISOLATION VS. QUARANTINE

According to the Centers for Disease Control, **self-isolation** separates sick people with a communicable disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Both mean an individual should avoid being in proximity to others and remain in place in their residence to help control spread of COVID-19.

Follow the instructions from your health care provider and get tested immediately. If you haven't already, contact the campus NP who will forward the information to the Office of Student Development to set up accommodations (if on campus: academic, housing, food; if off campus: academic). Self-isolate.

Remain in self-isolation until you receive your test result.

Did the test come back positive?

NO

YES

Continue self-isolation.

Let the NP know you have tested positive. If on campus, food and necessities will be delivered to your room. A health department official or an Evangel contact tracing representative will contact you to assess potential community COVID-19 exposure and advise you on next steps.

*The list of COVID-19 related symptoms can be found on page 2.

COVID-19 SYMPTOMS INCLUDE:

- ▼ **Fever of 100.4+ or chills**
- ▼ **Cough**
- ▼ **Shortness of breath
or difficulty breathing**
- ▼ **Fatigue**
- ▼ **Muscle or body aches**
- ▼ **Headache**
- ▼ **New loss of taste or smell**
- ▼ **Sore throat**
- ▼ **Congestion or runny nose**
- ▼ **Nausea or vomiting**
- ▼ **Diarrhea**