## COVID-19 Guide

### I've been in close contact with someone exhibiting COVID-19-like symptoms

**WHAT SHOULD I DO?**
- No need to quarantine unless individual with whom you made contact tests positive for COVID-19
- If that individual receives positive test result, Contact Tracing Team will notify you to self-report and quarantine
- Unless notified otherwise, may visit campus

### I've been in close contact with someone who has a confirmed case of COVID-19

**WHAT SHOULD I DO?**
- Self-report

### I'm exhibiting COVID-19-like symptoms

**WHAT SHOULD I DO?**
- Self-report

### I've received a positive COVID-19 test result

**WHAT SHOULD I DO?**
- Self-report
- Isolate for 10 days from date of positive COVID-19 test
- Await further instruction from Contact Tracing Team and/or Tri-County Health Department

### All Tertiary Contact (e.g. friend of a friend):

- No need to isolate or quarantine
- May visit campus, but must practice physical distancing and wear a mask
- Watch for symptoms
- If fever or other symptoms develops, self-report and contact healthcare provider

### Definitions

- **Quarantine:** A 14-day period, beginning on the date of exposure to someone with COVID-19, during which an individual stays home in order to monitor for potential development of COVID-19-like symptoms and to prevent potential transmission of the virus.

- **Isolation:** A 10-day period, beginning at the onset of COVID-19-like symptoms, during which a symptomatic individual stays home and away from others to prevent transmission of the virus; For individuals who have not developed symptoms but who receive a positive COVID-19 test result, this 10-day period begins on the date of the individual’s positive test.

- **Close Contact:** Exposure to a COVID-19-confirmed individual within 6 feet for 15 minutes or more (regardless of mask use) within the following periods of time: 48 hours before onset of the individual’s illness or since the onset of the individual’s symptoms, or 48 hours before or after the occurrence of a positive nasal swab test in an asymptomatic case.

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**Questions?**

Contact Cody Coburn, RN, Occupational Health Division Manager, at cody.coburn@cuanschutz.edu or 303-724-4663

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**Scan here for self-report form:**