What should I do if I have symptoms or exposure to COVID-19?

**EXPERIENCING SYMPTOMS**

**COVID-19 SYMPTOMS**
- Fever
- Chills and/or repeated shaking with chills
- New loss of taste or smell
- Headache
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Sodium or runny nose
- Congestion or stuffy nose
- Nausea or vomiting
- Diarrhea
- Sore throat
- Congestion or runny nose
- Headache
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Sodium or runny nose
- Congestion or stuffy nose
- Nausea or vomiting
- Diarrhea
- Sore throat

Symptoms may appear 2-14 days after exposure and are a change from an explainable “normal” (for example, seasonal allergies or an existing, lingering cough).

**Stay home**
- Don’t go into work
- Avoid spreading virus to others

**Separate yourself from others**
- Stay in a separate room at home
- Use separate bathroom if possible

**Contact your primary care provider or COVID-19 Call Center at 614-293-4000 for testing**

**If tested for COVID-19 at the Ohio State Wexner Medical Center**
- **Positive results:** You will receive a call from an Ohio State provider before posting to MyChart
- **Negative results** will be shared via MyChart

**Follow ill call-off procedures**
- If you are being tested, notify your manager
- Don’t go to work while test results are pending.

**IF POSITIVE COVID-19 TEST RESULTS**

Stay home
- Don’t go into work
- Avoid spreading virus to others

Separate yourself from others
- Avoid close contact
- Self-monitor for symptoms

Notify manager

Wash your hands often with soap and water or use hand sanitizer

Cover your mouth and nose with a tissue or sleeve when you sneeze or cough

Clean and disinfect “high-touch” surfaces

Return to work only after receiving clearance from Employee Health Services and/or your local health department

**IF NEGATIVE COVID-19 TEST RESULTS**

Notify manager

Return to work only if you are fever-free for 24 hours without use of fever-reducing medication and/or see a significant reduction in symptoms.

**IF HOUSEHOLD/CLOSE CONTACT WITH POSITIVE COVID-19 TEST RESULTS**

Employee must stay home for at least 14 days
- If household/close contact has positive COVID-19 test results or a clinical diagnosis by a primary care provider
- Please see the [CDC guidance](https://www.cdc.gov/coronavirus/2019-ncov/index.html) with explanations on four different types of close contact scenarios

Employee and all family members should monitor for symptoms for 14 days
- If employee develops symptoms, contact your primary care provider or COVID-19 Call Center 614-293-4000 for testing

Asymptomatic employee can return to work
- 14 days from the last close contact
- OR if all household members are positive for COVID the employee can return to work once the employee is cleared

**IF HOUSEHOLD CONTACT WITH NEGATIVE COVID-19 TEST RESULTS**

Employee can return to work
- Only after household contact has negative COVID-19 test results and employee has no symptoms

**NO SYMPTOMS WITH COMMUNITY OR AT HOME EXPOSURE TO COVID-19**

Employee should stay home
- Until household test results are known

Employee notify manager, follow ill call-off procedures

Employee must stay home for at least 14 days
- If household/close family member or close family/friend not living in household with COVID-19, COVID symptoms or pending test results

Employee notify manager, follow ill call-off procedures

Employee must stay home for at least 14 days
- If household/close contact has positive COVID-19 test results or a clinical diagnosis by a primary care provider
- Please see the [CDC guidance](https://www.cdc.gov/coronavirus/2019-ncov/index.html) with explanations on four different types of close contact scenarios

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Updated July 30, 2020