



## WHAT TO DO IF YOU ARE EXPOSED TO A CONFIRMED OR SUSPECTED COVID-19 PATIENT

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### YOU HAVE COME INTO CLOSE CONTACT WITH SOMEONE WHO TESTED POSITIVE OR IS CURRENTLY BEING TESTED FOR COVID-19:

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- What is close contact?
  - You were within 6 feet of someone who has COVID-19 for at least 15 minutes.
  - You provided care at home to someone who is sick with COVID-19.
  - You had direct physical contact with the person (touched, hugged, or kissed them).
  - You shared eating or drinking utensils.
  - They sneezed, coughed, or somehow got respiratory droplets on you.
  - You have had contact with anyone returning from travel to a state, territory, or country with widespread, ongoing transmission, or traveled on a cruise ship or river boat in the last 14 days.

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### YOU CURRENTLY HAVE COVID-19 SYMPTOMS:

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- Fever 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

\*This list does not contain all possible [symptoms](#).

- Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.

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### WHAT SHOULD YOU DO?

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- Isolate yourself if you think you [might be sick](#).
  - [Isolation](#) is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected.
- Stay home and self-quarantine if you have been in close contact with a confirmed or suspected COVID-19 patient. Do not leave your home, except to get medical care. Do not visit public areas.
  - [Quarantine](#) keeps someone who might have been exposed to the virus away from others.
- Contact your healthcare provider right away.

- Call the [UCR Employee COVID-19 Hotline](#) | 1.844.827.6827 to file a report. Employees should call within 2 hours of experiencing COVID-19 symptoms, receiving test results, and/or learning of exposure to someone known to have COVID-19.
- Employee will need to complete the COVID-19 Case Form (sent via e-mail after notification).
- Notify your supervisor.
- HR will notify supervisors of next steps, initiate the case investigation, and send potential exposure notifications.