**WHAT TO DO IF YOU ARE EXPOSED**

**TO A CONFIRMED OR SUSPECTED COVID-19 PATIENT**

# you have come into close contact with someone who tested positive or is currently being tested for Covid-19:

* 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.

# you currently have Covid-19 symptoms:

[ ] 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](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention).

* Monitor your symptoms. If you have an [emergency warning sign](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention) (including trouble breathing), seek emergency medical care immediately.

# what should you do?

[ ] Isolate yourself if you think you [might be sick](https://ehs.ucr.edu/coronavirus/research#what_do_i_do_if_i_feel_sick).

* [Isolation](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html)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](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html) 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](https://ehs.ucr.edu/coronavirus/employeehotline) | 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.