**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.