

WHAT TO DO IF YOU HAVE COVID-19

Regardless of Symptoms or Vaccination Status

- Stay home for the next five days regardless of symptoms or vaccine status.
- Stay away from other people as much as possible (including those in your own household).
- If you can't stay away from other people, wear a three-layer (or better) mask.
- If you are a student athlete, please contact Tyson Depinet for further instructions.

Day Six Directions:

- Do you have a fever or other symptoms that haven't started to get better on day six?

If **yes**:

- Stay home until your fever is gone and other symptoms are better.
- Wear a mask for the next five days.

If **no**:

- Resume activities with a mask.
- Continue to wear a mask for the next five days.

The Stoner Health and Counseling Center has been informed that you have been exposed to someone who has tested positive for COVID-19.

After Being Exposed to COVID-19

START PRECAUTIONS

Immediately

Wear a mask as soon as you find out you were exposed

Start counting from Day 1

- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure

CONTINUE PRECAUTIONS

10 Full Days

You can still develop COVID-19 up to 10 days after you have been exposed

Take Precautions

Wear a high-quality mask or respirator (e.g., N95) any time you are around others inside your home or indoors in public ¹

- Do not go places where you are unable to wear a mask, including travel and public transportation settings.

Take extra precautions if you will be around people who are more likely to get very sick from COVID-19.

Watch for symptoms

- fever (100.4°F or greater)
- cough
- shortness of breath
- other COVID-19 symptoms

If you develop symptoms

- isolate immediately

- [get tested](#)
- stay home until you know the result

If your test result is **positive**, follow the isolation recommendations.

GET TESTED

Day 6

Get tested at least 5 full days after your last exposure

Test even if you don't develop symptoms.

If you already had COVID-19 within the past 90 days, see specific testing recommendations.

IF YOU TEST

Negative

Continue taking precautions through day 10

- Wear a high-quality mask when around others at home and indoors in public

You can still develop COVID-19 up to 10 days after you have been exposed.

IF YOU TEST

Positive

Isolate immediately