

Suspected or Confirmed COVID-19

Report Symptoms and Test Results to the COVID-19 Screening Survey | Call in Sick to your Supervisor | Follow all HR Communication

I have symptoms of COVID-19

(see symptoms list below)

Report & Stay Home:

- **Isolate** yourself until you have been fever free for at least 24 hours without the use of fever-reducing medication, **and** your other COVID-19 symptoms are mild and have improved.
- You must wear a N-95 mask* around others for a total of **10 days and** practice 6-foot social distancing when possible.
- **If positive**, follow the “I’m COVID-19 positive with symptoms” column.
- You can’t test/choose not to test, stay home for **10 days** after symptoms started and your symptoms have improved, you may return to work on day 11.

Your first day of symptoms is Day 0. Day 1 is the first full day after your symptoms have started. This applies to everyone regardless of vaccination status. Follow all instructions provided by Human Resources.

I am COVID-19 Positive with Symptoms

(See symptoms list below)

Report & Stay Home:

- **Isolate** yourself until you have been fever free for at least 24 hours without the use of fever-reducing medication **and** your other COVID-19 symptoms are mild and have improved.
- You must wear a N-95 mask* around others for a total of **10 days and** practice 6-foot social distancing when possible.
- **Avoid** contact with individuals at higher risk of severe COVID-19 infection for **10 days**.
- If you continue to have symptoms or feel unwell, consult with a healthcare provider as soon as you test positive, or symptoms develop.

Your first day of symptoms is Day 0. Day 1 is the first full day after your symptoms have started. This applies to everyone regardless of vaccination status. Follow all instructions provided by Human Resources.

I am COVID-19 Positive with NO Symptoms

Report

- There is **no need for self-isolation** or remain at home.
- You must wear a N-95 mask* around others for a total of **10 days and** practice 6-foot social distancing when possible.
- **Avoid** contact with individuals at higher risk of severe COVID-19 infection for **10 days**.
- If symptoms develop, contact your healthcare provider for testing for other respiratory pathogens.

COVID-19 Symptoms

- Fever or Chills New Cough not from asthma/allergies
- Difficulty Breathing
- Fatigue
- Runny or Stuffy Nose
- Diarrhea
- Vomiting
- Body aches
- Headache, especially with a fever
- Sore throat
- New loss of taste or smell

*Wear a Mask for 10 days

You must wear a **well-fitting mask** medical grade mask (surgical or N95 respirator) over your nose and mouth when you are around others, indoors and outdoors, for a total of **10 days**. For more information on Face Masks, please visit: <https://ehs.ucr.edu/coronavirus/facecoverings> You can [request a N95 face mask through EH&S](#).



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