## 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.

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### 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](https://ehs.ucr.edu/coronavirus/facecoverings)

You can request a N95 face mask through EH&S.