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 Until:
day 6 or day 11

- 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 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 started. This applies to everyone regardless of vaccination status. Follow all instructions provided by Human Resources.

I’m COVID-19 Positive with Symptoms
Report & Stay Home Until:
day 6 or day 11

Early Return
- At least 5 days have passed since your symptoms started/ or tested AND
- You have not had a fever for at least 24 hours without the use of fever reducing medicine AND
- Your symptoms are improving AND
- You must wear a N-95 mask* around others for a total of 10 days and practice 6-foot social distancing when possible

-OR-

Standard Return
- Stay home for 10 days after your symptoms started AND
- You have not had a fever for at least 24 hours without the use of fever reducing medicine AND
- Your symptoms are improving

Your first day of symptoms is Day 0. Day 1 is the first full day after your symptoms started. A PCR test is not recommended for repeat testing following a COVID infection for up to 90 days. Follow all instructions provided by Human Resources.

I’m COVID-19 Positive with NO Symptoms
Report & Stay Home
Until: day 6

Early Return

At least 5 days have passed since the day your initial positive test was taken AND
- You have not had a fever for at least 24 hours without the use of fever reducing medicine AND
- Your symptoms are improving AND
- You must wear a N95 mask* around others for a total of 10 days and practice 6-foot social distancing when possible
- If not continue Isolate until day 10 and return to work on Day 11

Day 0 is the day your positive test was performed. Day 1 is the first full day after your test. A PCR test is not recommended for repeat testing following a COVID infection for up to 90 days. Follow all instructions provided by HR.

COVID-19 Symptoms
- Fever or Chills
- New Cough
- Not from asthma/ allergies
- Vomiting
- Body aches
- Difficulty Breathing
- Fatigue
- Runny or Stuffy Nose
- Diarrhea

*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: campusreturn.ucr.edu. You can request a N95 face mask through EH&S.

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