Suspected or Confirmed COVID-19

Report Symptoms and Test Results to Daily Wellness 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:
- You get results from a COVID PCR test (not an antigen test) taken on or after day 5 of the onset of symptoms
- If positive, follow the “I’m COVID-19 Positive with Symptoms” column
- If negative, stay home until fever free for 24 hours without the use of fever reducing medicine and symptoms have improved

-OR-
- You can’t test/choose not to test, stay home 10 days after symptoms started and your symptoms have improved.

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:

Early Return
- At least 5 days have passed since your symptoms started AND
- You have a negative rapid antigen COVID test collected on day 6 or later available at campus testing sites 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:

Early Return
- At least 5 days have passed since the day your initial positive test was taken AND
- You have a negative rapid antigen COVID test collected on day 6 or later available at campus testing sites AND
- You must wear a N95 mask* around others for a total of 10 days and practice 6-foot social distancing when possible

-OR-
- Stay home for 10 days after your initial positive test was taken

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 Human Resources.

*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.

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

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