

DAILY SELF-MONITORING FOR COVID-19

If you are experiencing any of the following symptoms that are new, worsening or occurring in a way that is not normal for any chronic conditions you may have before coming to campus or while on campus, please remain or return home. Employees should notify their supervisor.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you test positive for COVID-19, you are required to submit the [Close Contact or Personal Diagnosis Form](#). You may return to campus when you meet all of the following criteria are met:

- At least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications)
- Improvement in symptoms (e.g. cough, shortness of breath)
- At least 10 days have passed since symptoms first appeared
- You have obtained a note from a medical professional clearing you for return to work or class. Employees must submit the note to [Human Resources Leave Management](#).

If you have been in close contact with a person who is lab-confirmed to have COVID-19, you must submit the [Close Contact or Personal Diagnosis Form](#) and follow the quarantine and testing guidelines for unvaccinated and vaccinated individuals outlined on the [Reporting and Daily Self-Monitoring webpage](#).

If you have symptoms that could be COVID-19 and do not get evaluated by a medical professional or tested for COVID-19, you are assumed to have COVID-19 and may not return to work or class until you have completed the same four-step criteria listed above. If you have symptoms that could be COVID-19 and want to return to work or class before completing the above self-isolation period, you must obtain a medical professional's note clearing you for return based on an alternative diagnosis.