Do I Need to Stay Out of Circulation for COVID-19?

This guide is for people WITHOUT SYMPTOMS of COVID-19 who are NOT HEALTH CARE WORKERS.

PERSON WHO TESTED POSITIVE FOR COVID-19

SHOULD BE IN ISOLATION

SITUATION A = CLOSE CONTACT with COVID-19: Self-quarantine for 14 days. Watch for symptoms. If symptoms develop, call Student Health Services (students) or your healthcare provider (faculty/staff).

PERSON WHO WAS TESTED & IS AWAITING TEST RESULTS

SHOULD BE IN ISOLATION

Ask your close contact awaiting their test result to share their result with you so you can take steps to protect your health & prevent the spread of COVID-19.

SITUATION X = CLOSE CONTACT with person being tested: Follow the guidance for Situation A until you learn if they tested negative. If they test positive, keep following advice for Situation A.

PERSON WHO FEELS WELL BUT TRAVELED IN A LEVEL 3 AREA

SHOULD BE IN QUARANTINE

SITUATION 1 = CLOSE CONTACT with the person who traveled: Practice social distancing. Watch for symptoms. If you develop symptoms, call Student Health Services (students) or your healthcare provider (faculty/staff).

SITUATION 2 or 3: Practice social distancing. If you develop symptoms, contact Student Health Services (students) or your personal health care provider (staff/faculty).

DEFINITIONS & TERMS:

**Isolation** is for people with symptoms.

**Quarantine** is for people without symptoms.

**Symptoms** of COVID-19 are fever/cough/shortness of breath.

**Close contact** means being within 6 feet (2 meters) of a person for greater than 15 minutes period of time OR having direct contact with infectious secretions (e.g., coughed/sneezed on).

**Social distancing** means avoiding gatherings, staying 6 feet (2 meters) away from other people, working from home, if possible, etc.

NOTES:

• If you have a connection that is **more distant** than the options described above, **practice social distancing** (recommended for everyone).

• Everyone, regardless of symptoms, should keep track of where they’ve been in the past 7-10 days (other counties, classes, events, gatherings, stores, etc.) in case symptoms develop later on.

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