

## I DON'T FEEL WELL.

### I have symptoms such as a:

- Sore throat
- Stuffy/runny nose
- Cough
- Fever/chills
- Muscle aches
- Loss of taste or smell
- Nausea, vomiting, or diarrhea



**YES** to any or all of the symptoms, whether you are vaccinated or not.

- Isolate immediately. Do not go to class, sports or work.
- Do not visit people or have guests over.
- Wear a mask if you must be around others including roommates or family members.
- **Employees** contact your healthcare provider. Isolate until you have spoken with your provider.
- **Students** call the Health Center (253) 535-7337. Isolate until you can speak to one of the Health Center providers.
- **Students if you choose to seek care off-campus, follow the directions of your healthcare provider. Contact the Health Center for information about how and when to return to campus.**

If you experience any of the symptoms listed above during classes, work or sports report this to your professor, supervisor, coach or the Athletic Training Room.

**Students** will be directed to call the Health Center to discuss a plan for their care and for COVID testing.

**Employees** should contact their healthcare provider for guidance

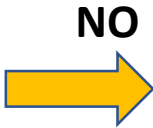
**If you are not fully vaccinated and have been exposed to COVID-19, a quarantine period of 14 days is required. Quarantine may be shortened to 10 days if a PCR test collected 5-7 days after exposure is negative, and you remain symptom free. If you choose not to test and you remain symptom free after 14 days, you may return to work. Please stay in touch with your supervisor to let them know your condition during the quarantine period.**

**If you are fully-vaccinated, have been exposed to COVID-19, and do not have any of the symptoms listed above, you are not required to self-quarantine.**

**I am fully vaccinated and have been exposed to a positive case of COVID-19.  
WHAT DO I DO?**

**Students call the Health Center immediately. (253) 535-7337**

Did you become ill with a confirmed or suspected case of COVID-19?



You must wear a mask for 14 days from the date of exposure whenever you are in contact with people.  
**AND**  
Have a PCR test done 3-5 days after exposure.  
*Quarantine is not required. You may attend classes, work and sports.*



**You will need to isolate immediately.**

**You may not attend classes, work or sports.**

**Students** call the Health Center.

**Employees** contact your healthcare provider.

**You may not return to classes, work or sports until:**

- You have had no fever for 24 hours without the use of fever reducing medications and other symptoms have improved.
- Up to 10 days have passed since symptoms first appeared.



**PCR Test Results are:**

**NEGATIVE**



Continue to monitor for COVID-19 symptoms.

Follow current PLU, state and local guidelines for mask wearing once you've received a negative test result.

**POSITIVE**



**You will need to ISOLATE FOR 10 DAYS from the date of the test.**

**Individuals are considered fully vaccinated for COVID-19 two weeks after they have received the second dose in a 2-dose series (Pfizer or Moderna), or two weeks after they have received a single-dose vaccine (Johnson and Johnson).**

**"Suspected" is any case exhibiting COVID-19 symptoms or where a health care provider believes the person has COVID-19 .**

**I'm not vaccinated and I have been exposed to a positive case of COVID-19.  
WHAT DO I DO?**

- Isolate immediately.
- Do not go to class, sports or work.
- Do not visit people or have guests over.
- Wear a mask if you must be around roommates, housemates or family members.

**STUDENTS**

Call the Health Center, (253) 535-7337.  
Isolate until you can speak to one of the  
Health Center providers.

**FACULTY & STAFF**

Call your healthcare provider.  
Isolate until you can speak to your  
health care provider/

**You may not return to classes, sports or work until: 10-14 days of quarantine have passed.**

The quarantine period may be shortened to 10 days if a PCR test collected 5-7 days after exposure is negative.

If you develop symptoms of illness during quarantine, you will need to remain in quarantine until the symptoms begin to improve and you've been fever free without the use of fever reducing medicine for 24 hours.

A "close contact" is defined by the CDC as: someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated.

"Suspected" is any case exhibiting COVID-19 symptoms or where a health care provider believes the person has COVID-19.

**Self-Quarantine**

1. Monitor your health for fever, cough, and shortness of breath during the 10-14 days after the last day you were in close contact with the sick person.
2. Do not go to work or school, and avoid public places for 10-14 days.
3. If you become ill during this period, contact your health care provider.

**I've been tested for COVID-19 and the test result is:**

**Positive**



**Students** call the Health Center (253) 535-7337.

**Employees** contact your healthcare provider, your supervisor, and the PLU COVID-19 Site Supervisor, Teri Phillips: phillitp@plu.edu, (253) 219-1347.

**Quarantine for 10 days after your test and 24 hours after fever and symptoms improve.**

Out of respect for patient confidentiality, faculty, staff and students will only be notified by the university or the Health Department if they are identified as close contacts of a campus community member who tests positive for COVID-19

If a faculty, staff or student tests positive and informs the university (or the university is informed by the Health Department), only their supervisor and those identified as close contacts at risk of exposure will be notified by the university or the Health Department.

**Close contact** is defined by the CDC as: someone who was within 6 feet of an infected person for at least 15 minutes, starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated.

**Negative**



**Are you fully vaccinated?**

**YES**

**You may return to classes, sports and work**

**NO**

If you have:

- No symptoms
- NO close contact to a positive COVID-19 case.

**You may return to campus.**



If you have:

- No symptoms
- Close contact to a positive COVID-19 case.

**Then you must quarantine for 14 days.**



If you have:

- Symptoms
- No close contact to a positive COVID-19 case.

**You may return to campus 24 hours after fever and symptoms improve.**



If you have:

- Symptoms
- Close contact to a positive COVID-19 case.

**Quarantine for 10 days after symptoms start and 24 hours after fever and symptoms improve.**