

What should I do if...

HELP MAINTAIN A HEALTHY CAMPUS

I HAVE TESTED POSITIVE FOR COVID-19.



Complete the NDSU report form for student or employees at: www.ndsu.edu/covid19/cases



Isolate as instructed by NDDoH. Isolation is 10 days since symptom onset (or date of testing if no symptoms) AND symptoms have improved AND you have been fever free without the use of fever-reducing medications for 24 hours.



Monitor symptoms and call health care provider if you experience worsening symptoms.

I HAVE BEEN IDENTIFIED BY THE NORTH DAKOTA DEPARTMENT OF HEALTH (NDDoH) AS A CLOSE CONTACT TO SOMEONE WHO HAS COVID-19



Complete the NDSU report form for student or employees at: www.ndsu.edu/covid19/cases



Quarantine as instructed by NDDoH. Quarantine for 14 days* since last date of exposure. Do not attend work or school. Even if you test negative for COVID-19, you still must quarantine for 14 days. Monitor for symptoms.



Return to work or school when the 10-day isolation period is complete AND symptoms have improved AND you have been fever free without the use of fever-reducing medications for 24 hours.



If no symptoms develop, you may go to work or school after 14 days or when formally released by NDDoH.

**The length of quarantine may be extended dependent on date of last exposure. Follow any guidance given by a public health official.*

I HAVE BEEN IN CONTACT WITH SOMEONE WHO WAS A CLOSE CONTACT OF SOMEONE WITH COVID-19



Monitor yourself for symptoms, social distance, wear a mask. You may go to work or school.



If experiencing symptoms, stay home and call healthcare provider.



Symptoms of COVID-19

HELP MAINTAIN A HEALTHY CAMPUS

NDSU NORTH DAKOTA
STATE UNIVERSITY

PEOPLE WITH COVID-19 HAVE REPORTED A WIDE RANGE OF SYMPTOMS, RANGING FROM MILD TO SEVERE ILLNESS.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
 - » Students should check their temperature each day before coming to campus and stay home if they have a fever. Normal temperature should be less than 100.4 degrees Fahrenheit.
- 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

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID 19. Visit the CDC website for a current list of symptoms: www.cdc.gov/coronavirus.

DEFINITIONS

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. People in quarantine should stay in their home/room, separate themselves from others, monitor their health, and follow directions from a public health official.

Isolation is used to separate people who have tested positive with COVID-19 from people who are not infected. People who are in isolation should stay in their isolation space until released by a public health official or met the criteria for release as dictated by a public health official. CDC recommendations for release from isolation include:

- At least 10 days since symptoms first appeared (or 10 days since date tested if no symptoms present) and
- At least 24 hours with no fever without the use of fever-reducing medication and
- Symptoms have improved

Close contacts are typically identified and given guidance by the North Dakota Department of Health, which includes instructions to quarantine for 14 days from last exposure to the positive case. Even if close contacts are tested for COVID-19 and have a negative test during their quarantine period, they still need to remain quarantined until formally released by the North Dakota Department of Health. Close contact means being within 6 feet of a person with COVID-19 for 15 consecutive minutes, or anyone who lives with a person with COVID-19.