Do you have symptoms of COVID-19 or have you been in close contact with someone who has tested positive for COVID-19?

**QUARANTINE IMMEDIATELY**

Then call Student Health Services (students) or your health care provider (employees).

If you have had close contact with a **POSITIVE CASE**

**QUARANTINE**

- 14-day quarantine. Day count begins from last contact with a person who has tested positive.
- If no symptoms after 14 days, quarantine ends.

If you have had a **POSITIVE TEST**

**ISOLATE**

- 10-day isolation. Starts at first positive test/symptoms.
- Isolation ends under 3 conditions:
  - 10 days since symptoms began;
  - 24 hours with no fever without use of fever-reducing medication;
  - Other symptoms are improving.

**KEY TERMS:**

**CLOSE CONTACT:** Within 6 feet for 15 minutes or more.

**COVID-19 SYMPTOMS:** Fever/chills, cough, shortness of breath/difficulty breathing, fatigue, muscle/body aches, headache, loss of smell/taste, sore throat, congestion/runny nose, nausea/vomiting, diarrhea.

**SELF-MONITOR:** Check symptoms, temperature twice per day.

**QUARANTINE:** If in direct contact with a positive case, stay home/in room, keep away from others, use a separate bathroom, self-monitor for symptoms for 14 days since last contact. No in-person classes; no work on-site.

**ISOLATE:** If you tested positive or have symptoms, stay home/in room, keep away from others, use a separate bathroom. Do not report to class/work until you meet three conditions: 10-day isolation period completed since symptoms began; 24 hours with no fever without use of fever-reducing medication; and other symptoms are improving.

Return to Campus Activities

Student Health Services 302-831-2226

Human Resources 302-831-2171

udel.edu/return