

COVID-19 EXPOSURE & TESTING WORKFLOW

Symptoms of COVID-19

- Fever or chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Nausea or vomiting
- Headache
- Loss of taste or smell
- Sore throat
- Congestion/runny nose
- Diarrhea

Employees and students are required to report COVID-19 status. *To make a report or for more information, visit: www.AState.edu/COVIDSelfReport*

Employees and students who are sick with symptoms of COVID-19 are required by the Arkansas Department of Health to isolate from other individuals. They must stay in isolation until ALL of the following criteria are met:

- One day with no fever (without fever reducing medications) *and*
- Symptoms have improved *and*
- Ten days have passed since symptoms first appeared

To ask questions or for more information, contact:

**NYITCOM at Arkansas State University
Medical Clinic**
870-972-2054
MERT@AState.edu

I am experiencing symptoms of COVID-19

I have been tested for COVID-19

I have had direct contact with a COVID-19 positive, or suspected positive, individual

Immediately begin home isolation/quarantine

Complete the self-report form: www.AState.edu/COVIDSelfReport

Home isolation for 10 days from the date of symptom onset

Maintain home quarantine until results received

Home quarantine for 14 days from the date of contact

You will be contacted by a member of the A-State Health Team

If positive

If negative

You will be contacted by a member of the A-State Health Team

10-day home isolation and will be contacted for contact tracing

You may be required to 10-day isolate, based on symptoms or reasoning for testing

You will be contacted by a member of the A-State Health Team

What is direct contact?

Contact with a diagnosed positive, or suspected positive, individual for more than 15 minutes, less than six feet.



Self-Report Form Link

www.AState.edu/COVIDSelfReport