Have you been diagnosed with COVID-19?

- Yes
  - Has it been 2+ weeks?
    - Yes: GET TESTED!
    - No: COME ON IN!
- No
  - Have you had a fever in the last 24 hours?
    - Yes: GET TESTED!
    - No
      - Have you had a cough, sore throat, headache, body ache, loss of taste or smell, or trouble breathing in the last 24 hours?
        - Yes: GET TESTED!
        - No
          - Have you had a runny nose, stuffy nose, or sneezed frequently in the last 24 hours (not related to allergies)?
            - Yes: GET TESTED!
            - No
              - Have you been in close contact with someone with a confirmed or suspected case of COVID-19 in the past 14 days?
                - Yes: GET TESTED!
                - No: COME ON IN!
          - No: COME ON IN!
      - No: COME ON IN!

*Close contact is defined as exposure within six feet of a person confirmed to have COVID-19 for longer than 15 minutes with or without a mask on.
What should I do if I've been in *close contact with someone...*
*Closer than six feet, for longer than 15 minutes, with or without a face covering (i.e. prolonged period in the same room, direct physical contact, shared eating or drinking utensils, contact with respiratory secretions such as coughs or sneezes, etc.)

... who has tested positive for COVID-19?
- Stay home for 14 days.
- Avoid contact with other people.
- Don't share household items.
- If the person tests negative, move to self monitoring and social distancing.
- Fill out UVU's [self reporting form](#).

... who is being tested for COVID-19?

... who might have been exposed to COVID-19?
- Be alert for symptoms of COVID-19, found at the [CDC website](#).
- Take your temperature every morning and night and write it down.
- Call your doctor if you have symptoms.

... and is experiencing symptoms?

... but is NOT experiencing any symptoms (yet)?
- Stay home as much as possible.
- Stay six feet away from people.
- Don't hug or shake hands.
- Avoid groups of people.
- Be aware of frequently touched surfaces.

Self-quarantine AND self-monitor

Self-monitor AND practice social distancing

Practice social distancing

How do I....

**Self Quarantine?**
- Stay home for 14 days.
- Avoid contact with other people.
- Don't share household items.
- If the person tests negative, move to self monitoring and social distancing.
- Fill out UVU’s [self reporting form](#).

**Self Monitor?**
- Be alert for symptoms of COVID-19, found at the [CDC website](#).
- Take your temperature every morning and night and write it down.
- Call your doctor if you have symptoms.

**Social Distance?**
- Stay home as much as possible.
- Stay six feet away from people.
- Don't hug or shake hands.
- Avoid groups of people.
- Be aware of frequently touched surfaces.