

Do you have COVID-19 symptoms?

Fever, chills, 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

YES

- Stay off campus
- Take a rapid test

NO

- Mask strongly recommended when on campus

POSITIVE TEST

- Stay home
- Notify your manager
- Call EHS/SHS

Return to work 5+ days after positive test and when no fever for 24 hours without medicine; no diarrhea, vomiting or cough

- Must also wear a surgical, N95 or KN95 mask days 6-10
- Inform EHS/SHS
- Don't take PCR test for 90 days

NEGATIVE RAPID TEST

- Consider repeat test 48 hours later if symptoms persist
- Return to work when no fever for 24 hours without medicine; no diarrhea, vomiting or cough

Exposed to COVID-19?

HIGH-RISK EXPOSURE

Prolonged unmasked exposure or COVID-positive person living in your home

- Work from home if possible.
- If working from home is not possible, take rapid test on day 3 and wear a surgical, N95 or KN95 mask through day 10.
- Test positive? See guidance above.
- Test negative? Continue wearing mask through day 10.
- Develop symptoms? Call EHS/SHS and stay home.

LOWER-RISK EXPOSURE

Exposure within 6 feet for 15+ minutes

- Take a rapid test on day 3-5 and wear a surgical, N95 or KN95 mask through day 10, even if test is negative



Employee Health Services (EHS):
508-793-6400

Student Health Services (SHS):
508-334-2818

Full COVID-19 guidance at:
www.umassmed.edu/coronavirus

Note: Day 0 is the day you are exposed or test positive.