

### Guidance for Employees who have Tested Positive, had an Exposure, or are Experiencing Symptoms Related to COVID19

1. Please **do not** come to campus / work if you have tested positive, had an exposure, or are experiencing the following symptoms:

*Fever or chills*

*Cough*

*Shortness of breath or difficulty breathing*

*Vomiting or Diarrhea*

*New loss of taste or smell*

*Sore throat*

*Muscle or body aches*

This list does not include all possible symptoms. Visit the [CDC Website](#) for up to date information

2. Contact your Supervisor to let them know you will not be into work.
3. Visit the HR COVID-19 Website: <https://www.uccs.edu/hr/covid-19-hr-guidance>  
For Leave instruction: <https://www.uccs.edu/hr/covid-19-leave>  
Email: [hrhelp@uccs.edu](mailto:hrhelp@uccs.edu)
4. Stay home (Self Isolate) except to get medical care  
**Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.  
**Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines as needed, such as acetaminophen, to help alleviate your symptoms.  
**Stay in touch with your medical provider.** Call before you get medical care. Be sure to get care and/or call 911 if you have trouble breathing, or have any other emergency warning signs. Avoid public transportation, ride-sharing, or taxis.

If you'd like to receive text messages with information about support available during isolation and/or quarantine, report your symptoms to [Colorado COVID Symptom Support tool](#). For additional information related to self-isolation visit the [CDCs Website](#).

5. Healthcare and Mental Health needs:
  - UCCS HealthCircle Clinics {link <https://www.uccs.edu/healthcircle/>}
  - UC Health Memorial {link <https://www.uchealth.org/locations/uchealth-memorial-hospital-central/> }
  - UC Health Grandview { <https://www.uchealth.org/locations/uchealth-grandview-hospital/> }
  - Centura Penrose St. Francis [link <https://www.centura.org/locations/penrose-st-francis-health-services>]
  - Greater Resilience Information Toolkit {link <https://grit.uccs.edu/> }
  - State Employee Assistance Program {link <https://www.colorado.gov/c-seap>}

6. Do you Need to be tested?

Anyone with symptoms should get tested, stay away from others and follow the stay at home instructions as spelled out in Item 4, above. Click [here](#) to find testing sites near you.

7. Contact Tracing – TO BE DETERMINED

8. Safe return to work –

If an individual had symptoms, recovery status (and clearance to return to campus/work) is assigned when:

- 1) the individual remains fever-free without the use of fever reducers for 72 hours, **and**
- 2) symptoms have improved, **and**
- 3) it has been at least 10 days since their symptoms first appeared. If the individual tested positive for COVID-19 but had no symptoms, the individual can be cleared to return 10 days after the test as long as the individual does not develop symptoms. If the individual develops symptoms, then the individual must follow the recovery strategy for those with symptoms. For additional information related to safe return to work visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/when-its-safe.html>.