

Guidance for Visitors 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 the person / group who you are visiting to let them know you will not be coming to campus.
3. 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](#).

4. 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>}

5. 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.

6. Contact Tracing – El Paso County Public Health is managing contact tracing. You may be contacted by someone to provide details on close contact you may have had to expose others.

7. Safe return to campus –

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

- 1) the individual remains fever-free without the use of fever reducers for 24, **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 about when it is safe to be around others visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/when-its-safe.html>.