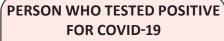
Do I Need to Stay Out of Circulation for COVID-19?

This guide is for people WITHOUT SYMPTOMS of COVID-19 who are NOT HEALTH CARE WORKERS.





SHOULD BE IN ISOLATION

Contact



Self-quarantine for 14 days. Watch for symptoms. If symptoms Close Contact develop, call Cornell Health (students) or your healthcare provider (faculty/staff).

SITUATION B:

Practice social distancing. If you develop symptoms, call Cornell Health (students) or your Contact healthcare provider (faculty/staff).

SITUATION C:

Practice social distancing. If you develop symptoms, call Cornell Health (students) or your healthcare provider (faculty/staff).

PERSON WHO WAS TESTED & IS AWAITING TEST RESULTS



SHOULD BE IN ISOLATION

Close **♦** Contact

Ask your **close contact** awaiting their test result to share their result with you so you can take steps to protect your health & prevent the spread of COVID-19.



Close

SITUATION X = **CLOSE CONTACT with** person being tested:

Follow the guidance for Situation A until you learn if Contact they tested negative. If they test positive, keep following advice for Situation A.



Close

Contact

SITUATION Y:

Follow the guidance for Situation B until you learn if they tested negative. If they test positive, keep following advice for Situation B.



SITUATION Z:

Practice social distancing. If you develop symptoms, call Cornell Health (students) or your healthcare provider (faculty/staff).

PERSON WHO FEELS WELL BUT TRAVELED IN A LEVEL 3 AREA



SHOULD BE IN QUARANTINE

♦ Contact

Close

Contact



SITUATION 1 = **CLOSE CONTACT with the** person who traveled:

Practice **social distancing**. Watch for symptoms. If you develop symptoms, call Cornell Health (students) or your healthcare provider (faculty/staff).



Close Contact

SITUATION 2 or 3:

Practice social distancing. If you develop symptoms, contact Cornell Health (students) or your personal health care provider (staff/faculty).

NOTES:

- If you have a connection that is **more distant** than the options described above, practice social distancing (recommended for everyone right now).
- Everyone, regardless of symptoms, should keep track of where they've been in the past 7–10 days (other counties, classes, events, gatherings, stores, etc.) in case symptoms develop later on.

DEFINITIONS & TERMS:

Isolation is for people with symptoms.

Quarantine is for people without symptoms.

Symptoms of COVID-19 are fever/cough/shortness of breath.

Close contact means being within 6 feet pf a person for a prolonged period of time OR having direct contact with infectious secretions (e.g., coughed/sneezed on).

Social distancing means avoiding gatherings, staying 6 feet away from other people, working from home, if possible, etc.

This quide, based on the best scientific advice currently available, is adapted from Harvard UHS, 3/16/2020.

