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.

PERSON WHO TESTED POSITIVE FOR COVID-19

SHOULD BE IN ISOLATION

PERSON WHO WAS TESTED & IS AWAITING TEST RESULTS

SHOULD BE IN ISOLATION

PERSON WHO FEELS WELL BUT TRAVELED IN A LEVEL 3 AREA

SHOULD BE IN QUARANTINE

SITUATION A = CLOSE CONTACT with COVID-19:
Self-quarantine for 14 days. Watch for symptoms. If symptoms 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 healthcare provider (faculty/staff).

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

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.

SITUATION X = CLOSE CONTACT with person being tested:
Follow the guidance for Situation A until you learn if they tested negative. If they test positive, keep following advice for Situation A.

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).

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).

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