

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

↓ Close Contact

PERSON WHO WAS TESTED & IS AWAITING TEST RESULTS



SHOULD BE IN ISOLATION

↓ Close Contact

PERSON WHO FEELS WELL BUT TRAVELED IN A LEVEL 3 AREA



SHOULD BE IN QUARANTINE

↓ Close Contact



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).

↓ Close Contact



SITUATION B:

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

↓ Close Contact



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**.

↓ 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**.

↓ Close Contact



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).

↓ 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).

↓ Close Contact



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.



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