

EMPLOYEES: WHAT DO I DO?

IF YOU WERE EXPOSED TO COVID-19

Regardless of vaccination status, you must **monitor for symptoms** for at least 5 days. There is no need to quarantine if no symptoms are present.

Seek a **COVID-19 test**.

The CDC recommends continue monitoring for symptoms and wearing a mask for **10 days**.

IF YOU HAVE SYMPTOMS OF COVID-19

Isolate and do not come to campus while experiencing symptoms, regardless of vaccination status.

Seek a **COVID-19 test**.

Contact your supervisor to make accommodations. You **do not** have to divulge the specific reason you are ill or isolating.

If **COVID negative**, return to normal activities after you are feeling better. If **COVID positive**, return to normal activities after five days if you have no symptoms.

IF YOU HAVE A POSITIVE COVID-19 TEST RESULT

Regardless of vaccination status, **isolate** for 5 days from the onset of symptoms or the day you tested.

Contact your doctor if your symptoms **worsen**.

WHAT IF ONE OF MY STUDENTS OR EMPLOYEES IS POSITIVE?

- **Do not** tell other students or employees about the positive case.
- If a student or employee **asks for help**, remind them they must immediately isolate for 5 days if positive.

HOW DO I GET A COVID-19 TEST?

- Visit go.msu.edu/wHp5 for local testing locations.
- Order free at-home COVID-19 tests from the federal government via www.covid.gov/tests.