**GUIDANCE ON COVID-19**

**Are you experiencing COVID-19 symptoms? They include:**

- Fever or chills (over 100.4°F or 38°C)
- New loss of smell or taste
- Cough
- Muscle or body aches
- Sore throat
- Shortness of breath or difficulty breathing
- Congestion or runny nose
- New or unusual headache
- Nausea, vomiting, or diarrhea

**I HAVE TESTED POSITIVE**

1. Report positive test to Milligan Health Services ASAP.
2. Isolate until 24 hours of no fever (without medication); AND other symptoms have improved; AND 10 days from onset of symptoms or first positive test.
3. Students: contact Health Services, professors, and athletic trainers. Faculty and staff: contact your primary care physician and notify Milligan Health Services and your supervisor/VP.
4. Do not return to work or class until you receive clearance to do so from Health Services.

**YES, I HAVE SYMPTOMS**

1. Stay at home or in your dorm room and quarantine until you can get a medical evaluation.
2. Students: contact Milligan Health Services, professors, and athletic trainers. Faculty and staff: contact your primary care physician and notify Milligan Health Services and your supervisor/VP.
3. All positive test results must be reported to Milligan Health Services and follow isolation protocols. If negative, follow health care provider directions.

**NO SYMPTOMS**

Have you been in contact with someone who has been diagnosed with or tested positive for COVID-19?

- **YES**
  - Close contact?
    - **YES**
      - Quarantine* for 14 days after date of last contact.
      - Students: contact Health Services, profs, and athletic trainers. Faculty and staff: notify Health Services and supervisor/VP.
      - Get tested if you develop symptoms. Continue to quarantine for 14 days even if test is negative.
      - Practice social distancing and good hygiene AND watch for symptoms. No quarantine required.

- **NO**
  - Non-close contact (outside 6 feet or within 6 feet for a brief period of time)
    - Practice social distancing AND watch for symptoms. No quarantine required.

**QUARANTINE**: You had contact with someone who tested positive. Stay home or in your room and separate from others for 14 days even if you don’t feel sick or have symptoms.


---

**Milligan Health Services**: 423.461.8667 | www.milligan.edu/health/covid-reporting/