GUIDANCE ON COVID-19 SYMPTOMS

**Have you been in contact with someone who has been diagnosed with in the last 14 days?**

- **NO**
  - **No work restrictions needed. Continue to practice social distancing and good hygiene AND watch for symptoms.**
  - **Contact was outside 6 feet or within 6 feet but for less than 15 minutes.**

- **YES**
  - **Follow CDC Guidelines**
    1. Stay at home.
    2. Separate yourself from others.
    3. Call your doctor. (see guide on testing)
  - **Contact the CARES**
    - **team to report your status and to request assistance.**
  - **Are you experiencing ANY COVID-19 symptoms?**
    - They include:
      - Fever of 100.4 degrees or more
      - Loss of smell or taste
      - Cough
      - Muscle aches
      - Sore throat
      - Shortness of breath
      - Chills
      - New or unusual headache
      - Nausea, vomiting, diarrhea or loss of appetite
      - Congestion or runny nose
      - Fatigue
  - **Passive lab test for COVID-19 that indicates recent infection or diagnosed by a healthcare provider evaluating the person and assigning a diagnosis of COVID-19 based on clinical criteria even if a test result is negative or not available.**

If at any point, you undergo testing for COVID-19, please refer to the testing chart for further guidance.

**Contact the CARES Center for answers to all your COVID-19 related questions; to self report test results and symptoms; get help evaluating your situation; and receive support for your COVID-19 related academic, employment and on-campus notification needs.**

There are several ways to reach the CARES Center:
- **Use the MyGS mobile app**
- **Complete the CARES Center COVID-19 self-reporting form available through the MyGeorgiaSouthern portal under the tile titled “COVID-19 Information & Resources.”**
- **Call 912-478-CARE (Monday through Friday, 8 a.m. to 5 p.m.)**
- **Email covidsupport@georgiasouthern.edu**

Last updated 8.14.2020