GUIDANCE ON COVID-19 SYMPTOMS

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

*The CDC may update symptoms. Click HERE to review the most up to date list of symptoms.

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

No work restrictions needed. Continue to practice social distancing and good hygiene AND watch for symptoms.

No

Yes

Were you in direct or close physical contact with the person? (within 6 feet for 15 or more minutes).

Contact was outside 6 feet or within 6 feet but for less than 15 minutes.

Watch for symptoms AND quarantine yourself for 14 days from the last contact with the person.
Contact the CARES** team to report your status and to request assistance*

Follow CDC Guidelines
1. Stay at home.
2. Separate yourself from others.
3. Call your doctor.
   (see guide on testing)

**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

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

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