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 COVID-19 in the last 14 days?

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*

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

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

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