



# Guidelines for Employees who are being tested for possible COVID-19 Exposure

Thank you for getting tested following your exposure to someone who is positive for COVID-19. Testing, isolation (or quarantine) and self-monitoring are important tools in preventing the spread and keeping our University community safe. Remember the test only looks at that specific moment, and you may turn positive later without getting symptoms.

**There are two options/paths to reduce risk to others after your exposure:**

- 1** Stay home and isolate for 2 weeks following your exposure. This is the best choice because some people can spread the virus before they feel sick or might not feel sick and still spread the virus.
- 2** Stay home until you receive your test results, if the results are negative (normal) and your supervisor agrees, you may return to work wearing a mask and maintaining precautions throughout the remainder of the 2 weeks after exposure. For use if you cannot work from home.

## NOTES:

- There can be a false negative with the current test. Also you may not turn “positive” or get sick until later, so take precautions during those two weeks.
- The majority of people will develop symptoms within 2 weeks if they are going to get the infection.
- Please monitor your temperature and symptoms twice a day for 2 weeks after the exposure.
- Some “essential” personnel may return to work while waiting on their results, but should follow these same precautions and discuss with their supervisor.

The link below offers guidelines on how to manage after your exposure.

[health.arizona.edu/covid-19-resources](https://health.arizona.edu/covid-19-resources)

For up-to-date information on COVID-19:

**HEALTH.ARIZONA.EDU**

**MEDICAL: (520) 621-9202**

**AFTER HOURS: (520) 570-7898**

**CAPS 24/7: (520) 621-3334**