



# What should I do if I tested positive for COVID-19?

If you have received a positive COVID-19 test result, follow the advice of your health care provider and consider these recommendations:

- 1** Review the CDC's "[What To Do If You Are Sick](#)" guidelines.
- 2** Inform your household and close contacts. Reach out to these individuals going back two days prior to when you began to feel sick. Letting them know you have tested positive for COVID-19 will allow them to more closely monitor their health and to further limit their contact with others to prevent potential spread.
- 3** If you are a University of Arizona employee and have spent time working in UA facilities you are **required** to notify your supervisor **immediately** by phone/text if any of the following situations arise:
  - Receipt of a positive test result for COVID-19.
  - Onset of symptoms consistent with COVID-19, per **CDC guidance**.
  - Close contact with another person that is confirmed positive for COVID-19, in or away from the workplace, per **CDC definition** of close contact.

For more information on privacy guidelines, visit [hr.arizona.edu/coronavirus-information](http://hr.arizona.edu/coronavirus-information).

- 4** If you are a University of Arizona student, stay home and limit your contact with others. Notify your instructors if you will be missing classes in your online and/or in-person courses. If you are experiencing unexpected barriers to your success in your courses, please contact the [Dean of Students Office](#) at (520) 621-2057 or [DOS-deanofstudents@arizona.edu](mailto:DOS-deanofstudents@arizona.edu).

- 5** When you can be around others depends on different factors for different situations. Please **DO NOT** return to work/school or end isolation until you have met the CDC's guidelines for [When You Can Be Around Others After You Had Or Likely Had COVID-19](#).
- 6** [Support your mental health](#). Visit [health.arizona.edu](http://health.arizona.edu) for resources to help cope with stress and anxiety.
- 7** If your symptoms are worsening or changing please contact your medical provider or seek emergency medical care.
- 8** You may be contacted by the Health Department or a public health officer to help gather information about your contacts and health.
- 9** Help the University of Arizona's SAFER team conduct contact tracing to stop the spread of COVID-19 by [voluntarily completing this form](#).

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**