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 three 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.

   If this seems difficult, consider saying something like “I’m not feeling well, and my healthcare provider is worried about COVID-19 so they recommended that my close contacts quarantine themselves and consider getting tested if they get symptoms.”

3. If you are a University of Arizona employee, please let your supervisor know. **This only applies if you had contact with other co-workers going back 3 days before you became unwell.** Many employees are working from home now, so this may not be necessary, but if it is, your supervisor can put together general notice of COVID-19 exposure to your co-workers that will **NOT** identify you by name. If you are a University of Arizona employee, and if needed, discuss how to report sick time with your supervisor.

4. If you are a University of Arizona student, stay home and limit your contact with others. If you need to miss a class, you are responsible for emailing your course instructor(s), with a copy shared to the Dean of Students at DOS-deanofstudents@email.arizona.edu, as soon as possible.

5. Please Do NOT return to work or end isolation until:

   - At least 3 days (72 hours) have passed since recovery which is defined as resolution of fever without the use of fever-reducing medications, improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
   - At least 7 days have passed since symptoms first appeared.

6. **Support your mental health.** Visit 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.

   You may be contacted by the Health Department or public health officer to help gather information about your contacts and health.

   Please note that with COVID-19 now in our community, current physical distancing practices are designed to protect people as if exposure to the disease is **always** a risk. Limiting contacts by working from home, suspending in-person classes, etc., are actions we are all taking to reduce these risks.

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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

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