COVID-19 FACT SHEET

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COVID-19 Recommendations for MSU Faculty/Staff

1. **My co-worker was diagnosed with a positive COVID-19 test result, now what?**

   a. If you have been in close contact with that person- CDC recommends that you self-quarantine for 14 days after exposure to that employee. Symptoms of COVID can develop anywhere between 2-14 days of the exposure. Even if you get tested and it comes back negative, continue to quarantine up to day 14 in case symptoms develop after testing.

   b. A "Close Contact" is someone who was within 6 feet of an infected person for at least 15 minutes regardless if any of those people were wearing a mask. If you fall into definition of "close contact", the contact also would have needed to occur with 48 hours of that person's positive test. If you do not meet these specifications- you are not considered a close contact, and you can resume your normal daily activities, but are recommended to continue social distancing and to self-monitor for symptoms that may develop.

   c. If you have questions regarding "close contact" specifications, please reach out because the recommendations are not always black and white, and may become subjective depending on the situation.

2. **I am a close contact to someone who is experiencing symptoms of COVID-19, and is waiting for test results, now what?**

   a. It is recommended to self-quarantine until test results have been returned.

3. **I had a positive COVID test result, when can I come back to work?**

   a. Symptomatic- a person who has a positive test and has developed symptoms should stay home for at least 10 days after symptoms first appeared *and* at least 3 days have passed without a fever greater than 100.4 without the use of a fever-reducing medication *and* symptoms have improved.

b. Asymptomatic- if a person has a positive test, and they do not show any symptoms they are considered asymptomatic. This person should stay home from work until 10 days have passed since the date the COVID test was taken assuming they have not subsequently developed symptoms since their positive test.

4. I am a close contact, and am self-quarantined, do I need to test?

a. You do not necessarily need to test if you were a close contact with someone with a positive test.

b. CDC recommends that you self-quarantine for 14 days to ensure symptoms do not develop. If you develop symptoms, you must wait at least 10 days from when the symptoms developed, and at least 3 days without a fever and without using a fever-reducing medication before returning to work.

c. Even if you test during the time you are in quarantine, and results come back negative, recommendations are to continue to quarantine until day 14 of exposure because symptoms could develop even after testing.

5. What if I test negative for COVID-19, but am still showing the symptoms?

a. You should not return to work until at least three days have passed without fever and using a fever-reducing medication, and you have improvement of symptoms.

6. What do I do now that I've tested for COVID-19?

a. If you have symptoms such as fever greater than 100.4, cough, shortness of breath, or sore throat- recommendations are to stay home until your test results are back.

b. If you are asymptomatic and voluntarily were tested for COVID, you may return to work until test results have been confirmed negative.