

# Guidance on Home Isolation or Quarantine & Returning to Work After COVID-19 Exposure

I have traveled outside of Pennsylvania.



1. Please review the [pa.gov](https://www.pa.gov) website.  
If you have any questions, contact Occupational Medicine at [psuoccm@psu.edu](mailto:psuoccm@psu.edu) or call 814-863-8492.  
*If necessary, Occ. Med. will notify your supervisor & Absence Mgt. on your behalf.*

I have COVID-19 symptoms:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Diarrhea
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell



1. Stay home.
2. Call your primary care physician.
3. Contact Occupational Medicine at [psuoccm@psu.edu](mailto:psuoccm@psu.edu) or call 814-863-8492.
4. Occ. Med. will determine if you have had close contact with other employees and will refer these names for contact tracing.  
*If necessary, Occ. Med. will notify your supervisor & Absence Mgt. on your behalf.*

I have had close contact with someone who has been diagnosed with COVID-19 OR has COVID-19 symptoms.



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*If necessary, Occ. Med. will notify your supervisor & Absence Mgt. on your behalf.*

I have tested positive for COVID-19.



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*If you are currently working remotely, please use your best judgement regarding exposure to others and taking time off for illness.*

*Examples outlined above may require a return to work release.*

**More information is available on the [Return to Work website](#).**