What do I do if I think I have been exposed, have symptoms, or have tested positive for COVID-19?

Resources to Help Follow COVID-19 Safety Guidance

**COVID-19 in PA**
- Data for PA
- PA Unites Against COVID
- Symptoms & Testing
- Guidance & Resources

**CDC COVID-19 Information**
- When to Use Masks
- Self-Testing
- Quarantine & Isolation
- Travel

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### I believe I have been exposed to COVID-19.

1. **University recommends calling your primary care physician.**

2. **Monitor your symptoms.**

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### I believe I have COVID-19 symptoms.

1. **Stay home.**

2. **Contact your supervisor.**

3. **University recommends calling your primary care physician.**

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### I have tested positive for COVID-19.

1. **Stay home.**

2. **Contact your supervisor regarding the positive test and taking time off.**

3. **Contact Occupational Medicine (Occ Med.) at 814-865-8612.**

4. **Occ Med will email you (the employee), your supervisor, and Absence Management on your status.**

5. **Employee should utilize appropriate earned time off COV Reason Codes.**

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*If you are a Technical Service employee, simply contact your supervisor, who will then contact Occupational Medicine OR contact your supervisor and contact Occupational Medicine at: 814-863-8492.*

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**Penn State Human Resources**