

What do I do if I think I have, or have been exposed to COVID-19?

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 psuoccmmed@psu.edu or call 814-863-8492.
4. Occ. Med. will determine if you have had close contact with other employees & will refer you for contact tracing.

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

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



1. Contact Occupational Medicine at psuoccmmed@psu.edu or call 814-863-8492.

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

I have tested positive for COVID-19.



1. Contact Occupational Medicine at psuoccmmed@psu.edu or call 814-863-8492.

2. Occ. Med. will determine if you have had close contact with other employees & will refer you for contact tracing.

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

I have traveled outside of Pennsylvania.



1. Please review the [pa.gov website](https://www.pa.gov).

If you have any questions, contact Occupational Medicine at psuoccmmed@psu.edu or call 814-863-8492.

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

Occupational Medicine ordered a test based on my symptoms or close contacts & I have tested NEGATIVE for COVID-19.



1. Occupational Medicine will advise you based on the [CDC](https://www.cdc.gov) and [Department of Health](https://www.health.pa.gov) advice, guidelines, & orders.
2. If you had your own symptoms, you will be off work for 10 days or until you are symptom free for 24 hours.
3. If you were another employee's close contact, you will be off work for 14 days.

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](#).