SYMPTOMS DAILY SELF-CHECK

All MSMU community members should perform a daily self-check for any symptoms consistent with COVID-19.

Do you have any of the following symptoms?
• Fever 100.4°F
• Cough
• Shortness of breath
• Difficulty breathing
• Vomiting
• Diarrhea
• Lack of smell or taste (without congestion)

If you have symptoms of COVID-19, stay away from others and get a COVID-19 test.
• If you test negative for COVID-19, stay home until you have been fever-free without the help of fever-reducing medicines for at least 24 hours. If your negative result is from a rapid antigen test or an over-the-counter self-test, continue to stay away from others and retest in 1-2 days.
• If you test positive for COVID-19 or a doctor tells you that you have COVID-19, you must follow isolation requirements.

If you are experiencing symptoms consistent with COVID-19, tell Campus Safety at safety@msmu.edu.

ISOLATION

If you have not done so already, tell Campus Safety of your positive diagnosis at safety@msmu.edu.
1. Isolate for at least 5 days.
   ○ May test at Day 5 or later (antigen test).
2. Wear a medical grade mask when around others, indoors and outdoors, for 10 days.

EXIT FROM ISOLATION

Isolation can end after Day 5 ONLY if all the following conditions are met:
• Negative COVID-19 test that was collected on Day 5 or later AND
• No fever for at least 24 hours without the use of fever-reducing medicine AND
• Symptoms are improving OR
• Never got symptoms.

Isolation can end after Day 10 if both of these conditions are met:
• No fever for at least 24 hours without the use of fever-reducing medicine AND
• Symptoms are improving OR
• Never got symptoms.

Student Health Services is now working with Discovery Health Services (DHS) to provide students needing health clearances after a positive COVID-19 diagnosis to exit isolation before Day 10.

ASYMPTOMATIC INDIVIDUALS EXPOSED TO COVID-19

1. If asymptomatic, may continue to access campus.
2. Wear a medical grade mask when around others indoors, for 10 days after last close contact.
3. Test 3-5 days AFTER last close contact*.
4. Monitor health for symptoms for 10 days after last close contact.
   ○ If symptoms develop, test. If test is positive, isolate.
*NOTE: Day 0 is the day of your last contact with infected person. Day 1 is the first full day after your last exposure.

AT-HOME/OVER-THE-COUNTER TESTS
• Use of an FDA-authorized over-the-counter tests are acceptable for antigen testing.