### Suspected or Confirmed COVID-19

Report Symptoms and Test Results to Daily Wellness Survey | Call in Sick to your Supervisor | Follow all HR Communication

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**I have symptoms of COVID-19**  
(See symptoms list below)

**Report & Stay Home Until:**
- You get results from a COVID PCR test (not an antigen test) taken on or after **day 5** of the onset of symptoms
- **If positive**, follow the “I’m COVID-19 Positive with Symptoms” column
- **If negative**, stay home until fever free for 24 hours without the use of fever reducing medicine and symptoms have improved
  - **OR**
- You can’t test/ choose not to test, stay home **10 days** after symptoms started.

*Your first day of symptoms is Day 0. Day 1 is the first full day after your symptoms started. This applies to everyone regardless of vaccination status. Follow all instructions provided by Human Resources.*

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**I’m COVID-19 Positive with Symptoms**

**Report & Stay Home Until:**

**Early Return**
- At least **5 days** have passed since your symptoms started **AND**
- You have a negative rapid antigen COVID test collected on **day 6** or later available at [campus testing sites](https://campusreturn.ucr.edu) **AND**
- You have not had a fever for at least 24 hours without the use of fever reducing medicine **AND**
- Your symptoms are improving **AND**
- You must wear a N-95 mask* around others for a total of **10 days and** practice 6-foot social distancing when possible
  - **OR**

**Standard Return**
- Stay home for **10 days** after your symptoms started **AND**
- You have not had a fever for at least 24 hours without the use of fever reducing medicine **AND**
- Your symptoms are improving

*Your first day of symptoms is Day 0. Day 1 is the first full day after your symptoms started. A PCR test is **not** recommended for repeat testing following a COVID infection for up to 90 days. Follow all instructions provided by Human Resources.*

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**COVID-19 Symptoms**

- Fever or Chills
- New Cough - not from asthma/ allergies
- Difficulty Breathing
- Fatigue
- Runny or Stuffy Nose
- Diarrhea

- Vomiting
- Body aches
- Headache, especially with a fever
- Sore throat
- New loss of taste or smell

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**I’m COVID-19 Positive with NO Symptoms**

**Report & Stay Home Until:**

**Early Return**
- At least **5 days** have passed since the day your initial positive test was taken **AND**
- You have a negative rapid antigen COVID test collected on **day 6** or later available at [campus testing sites](https://campusreturn.ucr.edu) **AND**
- You must wear a N95 mask* around others for a total of **10 days and** practice 6-foot social distancing when possible
  - **OR**

**Standard Return**
- Stay home for **10 days** after your initial positive test was taken

*Day 0 is the day your positive test was performed. Day 1 is the first full day after your test. A PCR test is **not** recommended for repeat testing following a COVID infection for up to 90 days. Follow all instructions provided by Human Resources.*

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*Wear a Mask for 10 days*

You must wear a well-fitting mask medical grade mask (surgical or N95 respirator) over your nose and mouth when you are around others, indoors and outdoors, for a total of **10 days**. For more information on Face Masks, please visit: [campusreturn.ucr.edu](https://campusreturn.ucr.edu). You can request a N95 face mask through EH&S.

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02/04/2022