

# What to do if you...

test **POSITIVE** for COVID-19  
or are **EXPOSED** to a **POSITIVE COVID-19** case  
("close contact" is being within 6 feet for 15 minutes)



## NOTIFY THE UNIVERSITY

- Contact Human Resources: [longl@uah.edu](mailto:longl@uah.edu), 256.824.6545
- Call the Faculty and Staff Clinic: 256.824.2100
- Upon your notification, questions will be asked regarding your exposure and health
- A discussion about isolation and quarantine will occur

\*\*\* The information you share with us will be secure under HIPPA.\*\*\*

## SELF-QUARANTINE

- Stay home
- Do not travel
- Do not visit with friends or family
- Do not attend any kind of gathering
- Call 211 for resources
- Live with others? Maintain a separate bathroom and living space
- Wear a mask when around others in your household
- Do have food/groceries/medications

## ISOLATION

- Means you have tested positive for COVID-19.
- Isolation starts on the day your symptoms started and lasts at least 14 days.
- You must be fever free for 72 hours (no fever reducers have been taken) and symptoms improving to end isolation.

UAH is committed to maintaining a safe environment for everyone who is on campus. The university has developed procedures for anyone who has been exposed to a positive COVID-19 case or has been diagnosed with COVID-19. These procedures are based on the CDC recommendation for quarantine and isolation. And because this is a public health concern, UAH is working closely with the Alabama Department of Public Health.

The university is responsible for keeping track of students, faculty and staff who are either in isolation or quarantine. Review the CDC guidance regarding isolation and quarantine:

[https://www.cdc.gov/coronavirus/2019-ncov/downloads/if-you-are-sick/317422-A\\_Quarantine-and-Isolation\\_508.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/if-you-are-sick/317422-A_Quarantine-and-Isolation_508.pdf)