

What to do if you...

- **Test POSITIVE for COVID-19.**
- **Are EXPOSED to a POSITIVE COVID-19 case.**
(“close contact” is being within 6 feet for at least 15 minutes with or without a mask)

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.

Links to CDC website 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/if-you-are-sick/quarantine-isolation.html>

If you are notified of an exposure (close contact) to a positive COVID-19 case or you have a positive COVID-19 lab result, please notify the university as soon as possible. Notify:

- Associate Vice President For Human Resources: Ms. Laurel Long at longl@uah.edu or 256-824-6545 (email preferred)
- If you are sick or think you may have COVID-19 call the Faculty and Staff Clinic at 256-824-2100. When you contact the university, we will ask you questions regarding your exposure and health.
- Then we will discuss isolation and quarantine and any questions you may have.

(HIPAA rules are followed. Please note that guidelines can change.)

QUARANTINE

- means you have been exposed to someone who has tested positive to COVID-19.
- quarantine starts from the date of your last exposure to positive case.
- quarantine lasts 14 days, if no symptoms develop.

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.

What does it mean to be quarantined or isolated with COVID-19?*

*Stay home *Do not travel *Do not visit with friends *Do not visit family

*Do not attend any kind of gathering

*If you live with others, maintain a separate bathroom and living space.

*Wear a mask when around others in your household – if you have to leave your room.