

# **WHAT TO DO IF SICK, INFECTED, OR EXPOSED TO COVID-19**

## **MSU Guidance on Covid-19 Public Health Precautions**

### **What to do if:**

#### **You are feeling sick or have COVID-19 symptoms.**

- Step 1: The MOST IMPORTANT thing to do is STAY HOME or IN YOUR ROOM and STAY AWAY FROM OTHERS. Protect those around you – shelter in place, properly wear your mask, and keep your distance from others.
- Step 2: Schedule a telehealth appointment with your healthcare provider or **MSU Counseling & Health Services at (606) 783-2055**. Your healthcare provider will assess your symptoms and provide additional instructions.
- Step 3: Contact the MSU COVID Support Team at [covid-19@moreheadstate.edu](mailto:covid-19@moreheadstate.edu). Follow the instructions provided by the COVID Support Team and MSU.

#### **You test positive for COVID-19.**

- Step 1: The MOST IMPORTANT thing to do is STAY HOME or IN YOUR ROOM and STAY AWAY FROM OTHERS. Protect those around you – isolate, properly wear your mask, and keep your distance from others.
- Step 2: Contact the MSU COVID Support Team at [covid-19@moreheadstate.edu](mailto:covid-19@moreheadstate.edu). Follow the instructions and directives given to you by the health department, the COVID Support Team, and MSU.
- Step 3: Notify your instructors if you will miss class.

#### **You have been notified that you are a close contact of someone who tested positive for COVID-19.**

- Step 1: The MOST IMPORTANT thing to do is STAY HOME or IN YOUR ROOM and STAY AWAY FROM OTHERS. Protect those around you – quarantine, properly wear your mask, and keep your distance from others.
- Step 2: Contact the MSU COVID Support Team at [covid-19@moreheadstate.edu](mailto:covid-19@moreheadstate.edu). Follow the instructions and directives given to you by the health department, the COVID Support Team, and MSU.
- Step 3: Notify your instructors if you will miss class.

#### **You believe that you may have been exposed to COVID-19 or have questions.**

- Step 1: Wear a mask around others and monitor yourself for symptoms for up to 14 days after exposure or until a negative test result.
- Step 2: Get a COVID-19 test 3-5 days after close contact with someone with suspected or confirmed COVID-19
- Step 3: If you have questions, contact one of the following:
- MSU COVID Support Team at [covid-19@moreheadstate.edu](mailto:covid-19@moreheadstate.edu).
  - Your local health department.
  - Your primary care provider.
  - KY COVID-19 Hotline at (800) 722-5725.

#### **PLEASE NOTE:**

Providing your information to the MSU COVID Support Team ([covid-19@moreheadstate.edu](mailto:covid-19@moreheadstate.edu)) is the primary means to receive a University excused absence due to COVID reasons.