

What should I do if I tested positive for COVID-19?

- 1** Review the CDC's "[What to Do if You Are Sick](#)" guidelines.
- 2** Inform your household and close contacts. Reach out to these individuals going back two days prior to when you began to feel sick. Letting them know you have tested positive for COVID-19 will allow them to more closely monitor their health and further limit their contact with others to prevent potential spread.
- 3** If you have the COVID Watch app, which can be downloaded at [covidwatch.org](https://www.covidwatch.org), please input your positive test results to automatically notify your close contacts.
- 4** If you are an NAU employee and have spent time working in NAU facilities you are required to notify your supervisor immediately by phone/text if any of the following situations arise:
 - Positive test result for COVID-19
 - Onset of symptoms consistent with COVID-19, per CDC guidance.
 - Close contact with another person that is confirmed positive for COVID-19, in or away from the workplace, per CDC definition of close contact.
- 5** If you are an NAU student, stay home and limit your contact with others. Notify your instructors that you will be missing classes in your online and/or in-person courses. If you are experiencing unexpected barriers to your success in your courses, please contact the Dean of Students Office at 928.523.5181 or DeanofStudents@nau.edu.
- 6** When you can be around others depends on different factors for different situations. Please DO NOT return to work/school or end isolation until you have met the CDC's guidelines for "[When You Can Be Around Others After You Had or Likely Had COVID-19](#)".
- 7** Support your mental health. Visit [NAU Health Promotion](#) or [Counseling Services](#) for resources to help cope with stress and anxiety.
- 8** If your symptoms are worsening or changing please contact your medical provider or seek emergency medical care.
- 9** You may be contacted by the [Health Department](#) or [Campus Health](#) to help gather information about your contacts and health.
- 10** Help the NAU and County Health departments contain the spread of COVID-19 by reporting your positive test result [here](#).

FOR MORE INFORMATION, VISIT
nau.edu/campushealth

CAMPUS HEALTH SERVICES

Medical Services 928-523-2131

Counseling Services 928-523-2261