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 the members of your household and close contacts. As much as possible, separate yourself from others in the home. Use a separate bedroom and bathroom. Do not share plates, utensils, food or other household items.

3. Inform close contacts going back to two days prior to when your symptoms started or day of your test. Letting them know you have tested positive for COVID-19 will allow them to monitor their own health and limit contact with others to prevent further spread.

4. If you have the COVID Watch app, please input your positive test results to anonymously notify your close contacts that they’ve been exposed.

5. 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.

6. If you are an NAU student, stay home and limit your contact with others as much as possible. If you have to be around others, wear a mask and maintain at least 6 feet of physical distance at all times.

7. Notify your instructors that you will be missing your online/in-person classes. If you experience barriers to success in your courses, contact the Office of the Dean of Students at 928-523-5181.

8. 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”.

9. Support your mental health. Visit NAU Health Promotion website at nau.edu/healthpromotion or Counseling Services at nau.edu/counseling.

10. If your symptoms are worsening or changing please contact your medical provider or seek emergency medical care.

11. You may be contacted by the Health Department or Campus Health to help gather information about your close contacts. Please answer the call to help stop the spread.

12. Help the NAU and County Health departments contain the spread of COVID-19 by reporting your positive test result here: nau.edu/healthynau.

FOR MORE INFORMATION, VISIT
nau.edu/campushealth
nau.edu/coronavirus

CAMPUS HEALTH SERVICES
Medical Services 928-523-2131
Counseling Services 928-523-2261