



Faculty and staff guide to addressing reports of COVID-19 exposure

COVID-19 is a new strain of virus in a family of viruses called coronavirus. Most coronavirus cause illness like the common cold; because this is a new strain, some people are experiencing severe symptoms.

How is COVID-19 spread?

- Close contact with an infected person. This means less than 6 feet of distance for at least 10-15 minutes
- Directly being sneezed or coughed on by someone who has the virus
- Having close physical contact, such as hugging, with a person with COVID-19
- Caring for someone who has COVID-19, such as a health care worker
- Being on an airplane with and had contact with someone who has COVID-19. This can depend upon how much the person with COVID-19 moved about the airplane

What if a student or colleague reports to me that they believe they have COVID-19, have tested positive (with or without symptoms) or have been exposed?

- Advise them to stay home and isolate and immediately report their concern through the daily symptom checker (<https://covidrecovery.colostate.edu/daily-symptom-checker/>)
- Reporting this concern through the daily symptom checker alerts CSU public health officials, who will follow up directly with the person who has reported the exposure
- Protect the student or employee's privacy. Do not share information with others, with the exception of public health staff
- You may contact the CSU public health office for guidance at pandemicplanning@colostate.edu

Symptoms of COVID-19

- New loss of ability to taste or smell
- Fever
- Chills and sometimes shaking
- Muscle pain
- Cough
- Shortness of breath
- Sore throat
- Nausea or other gastrointestinal symptoms

How is CSU addressing someone with COVID-19 or someone who reports exposure?

CSU follows all public health guidance provided by the Centers for Disease Control and Prevention, as well as the state and county public health departments. Information about the university's plan is available <https://covidrecovery.colostate.edu/addressing-exposure-and-illness/>; this information may be updated if best practices change.

If an employee has been exposed or has had COVID-19, when can they return to work? When can a student return to in-classroom experiences?

It is ok to resume normal activities, following all public health guidance for the general public, when the individual has been directed by their health care provider or a public health official that they have met the criteria to resume normal activities.

For someone who has tested positive for COVID-19 or who are suspected to have COVID-19, this is typically when the person is:

- 24 hours without a fever AND
- 10 days have passed since symptoms first appeared

For someone who has been ordered to quarantine as close contact this is after 14 days have passed. If the person is in quarantine, and then develops symptoms, they must then meet the criteria above (10 days past the date their symptoms began).