Continue to monitor for symptoms. Be extra careful to wear your mask, wash your hands and maintain social distancing. If you begin to experience symptoms, take the proper steps outlined in this chart.

**SELF-ISOLATION VS. QUARANTINE**

According to the Centers for Disease Control, **self-isolation** separates sick people with a communicable disease from people who are not sick.

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Both mean an individual should avoid being in proximity to others and remain in place in their residence to help control spread of COVID-19.

I have been around someone who was exposed to COVID-19 or believe I might have been exposed, but am unsure.

**Do you have any symptoms of COVID-19?**

- **YES**
  - Follow the instructions from your health care provider and get tested immediately. Inform your RA and professors you are self-isolating. Remain in self-isolation until you receive your test result.
  - Did the test come back positive?
    - **NO**
      - Continue self-isolation.
      - Let your RA and professors know have tested positive and complete the form at drury.edu/covid-result to confidentially report your positive test. Food and necessities will be delivered to your room. A health department official or Drury contact tracing representative will contact you to assess potential community COVID-19 exposure and advise you on next steps.
    - **YES**
      - Immediately begin preventative quarantine. Complete the form at drury.edu/covid-result to confidentially report your quarantine. You must remain in quarantine for a full 14 days even if you receive a negative test result.
      - A Drury contact tracer will contact you shortly.

- **NO**
  - Continue to monitor for symptoms. Be extra careful to wear your mask, wash your hands and maintain social distancing. If you begin to experience symptoms, take the proper steps outlined in this chart.

I have COVID-19 symptoms.*

**Immediately begin self-isolation.**

Complete the form at drury.edu/covid-result to self-report.

Call the Panther Clinic to schedule an appointment, make a virtual visit with CoxHealth or contact Jordan Valley Health Center.

Did the health care provider recommend you be tested for COVID-19?

- **NO**
  - Immediately begin preventative quarantine. Complete the form at drury.edu/covid-result to confidentially report your quarantine. If you develop symptoms, please contact a medical professional.
  - You must remain in quarantine for a full 14 days even if you receive a negative test result.

- **YES**
  - Immediately begin preventative quarantine. Complete the form at drury.edu/covid-result to confidentially report your quarantine. A Drury contact tracer will contact you shortly.

I have been told by a medical professional or contact tracer to quarantine.

I have been within six feet of someone with COVID-19 for more than 15 minutes.

**WHAT STEPS SHOULD I TAKE?**
COVID-19 SYMPTOMS INCLUDE:

- Fever of 100.4+ or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea