If you have these symptoms:
• Fever of 100°F or higher AND
• Respiratory symptoms, such as dry cough or shortness of breath
Stay home
• Don’t go into work
• Follow normal call-off procedures
Separate yourself from others
• Stay in a separate room at home
• Use separate bathroom if possible
Contact your primary care physician
• If you don’t have one, call Ohio State’s COVID-19 call center at 614-293-4000.
If you have symptoms, don’t visit a medical facility without contacting a health care provider first.
Inform 911 or emergency department medical staff of COVID-19 symptoms prior to arrival.

Stay home when you’re sick
Avoid close contact
Get adequate sleep and eat well-balanced meals
Cover your mouth and nose with a tissue or sleeve when you sneeze or cough
Wash your hands often with soap and water or use 60% alcohol hand rub
Avoid touching your eyes, nose or mouth with unwashed hands
Clean AND disinfect "high-touch" surfaces often

Alert your primary care provider and local health department
• Notify Employee Health Services at 614-366-3689
• If you haven’t contacted your primary care provider, let them know you received a positive test result

Practice prevention
• Wash hands often
• Clean AND disinfect all surfaces
• Avoid sharing personal household items
Get rest, stay hydrated
Take it easy and monitor yourself for signs of dehydration (headache, dizziness, decreased urine output, dry mouth, etc.)

What to do if you receive a positive test result

If you develop emergency warning signs, get medical attention immediately.
• Difficulty breathing or shortness of breath
• Persistent pain or pressure in the chest
• New confusion or inability to arouse
• Blush lips or face
Inform 911 or emergency department medical staff of COVID-19 symptoms prior to arrival.

As a health care provider, follow PPE guidance during patient care.

Practice safe social distance
*Social distancing* keeps sick people from coming into contact with healthy people. During a pandemic like COVID-19, everyone should practice as much social distancing as possible and take other preventive measures to help stop the spread of disease.

Symptoms may appear 2-14 days after exposure. If you have symptoms, don’t panic. Most people get better without needing to be hospitalized.