

# SU GUIDE TO COVID-19 SYMPTOMS

## Testing and Returning to Class & Work

### What if I have symptoms that could be related to COVID-19?

Fill out the symptom checker on the Shenandoah Go app and STAY AT HOME.

To maximize protection — regardless of vaccination status — from the virus and prevent possibly spreading it to others, wear a mask indoors when around others.



### What if I think I might have been exposed to COVID-19?

Determine whether you were exposed by verifying that you had “close contact” with an individual who is confirmed as COVID-19 positive. Then, submit a report of your exposure using the Shenandoah Go app.

Being in “close contact” with an individual who is confirmed as COVID-19 positive means that you have been within 6 feet of an infected person (positive test-confirmed) for a cumulative total of 15 minutes or more over a 24-hour period. For example, having three individual 5-minute exposures for a total of 15 minutes with someone who is confirmed as COVID-19 positive means that you have been in “close contact.”

An infected person can spread the virus starting from 2 days before they have any symptoms (or, for those asymptomatic, 2 days before they took a test).

For increased protection — regardless of vaccination status — and to prevent possibly spreading the virus, wear a mask indoors when around others.



### How do I report that I have COVID-19 or that I took a test?

Use the Shenandoah Go app to report your COVID-19 test results.



### Download the Shenandoah Go app to:

Fill out the symptom checker

Submit a report of your exposure

Report your COVID-19 test results

Students should contact the Wilkins Wellness Center and faculty/staff should contact HR for guidance regarding follow up and testing or to review your submission, any symptoms, your test result, ongoing plan of care, and timeline to return to class/work in person.

The Office of the Dean of Students will alert faculty when a student will be out of class for an extended period of time. Faculty/staff should alert their supervisor.



### What do I do if I suspect someone is sick or has COVID-19?

If you are told by a student that they are sick or suspected of having COVID-19, you should immediately submit a Student of Concern form and encourage the student to contact the Wilkins Wellness Center. No further communication with the student is necessary (due to the privacy of the student). If staff or faculty members may be sick, contact HR.



### When do I need to quarantine?

#### Close contacts who are not vaccinated:

According to the CDC, people who are not vaccinated must quarantine for 14 days after the last contact within 6 feet of a person who has COVID-19 for a total of 15 minutes or more in a 24-hour period. Watch for symptoms and, if possible, stay away from people you live with, especially those at high risk of getting very sick from COVID-19.

#### Close contacts who are vaccinated and asymptomatic:

People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms. Fully vaccinated people should get tested 5-7 days after their exposure, even if they don't have symptoms and wear a mask

indoors in public for 14 days following exposure or until their test result is negative.

#### Close contacts who are vaccinated and symptomatic:

If you have symptoms and are vaccinated, you should get tested and may have to quarantine and/or isolate.

Students should contact the Wilkins Wellness Center and faculty and staff may contact HR with any questions or concerns. The Office of the Dean of Students will alert faculty when a student will be out of class for an extended period of time. Faculty/staff should alert their supervisor.



### When do I need to isolate?

All individuals who test positive for COVID-19 — regardless of vaccination status — must isolate for the amount of time recommended by the CDC, which is currently 10 days.

Students should contact the Wilkins Wellness Center and faculty and staff may contact HR with any questions or concerns. The Office of the Dean of Students will alert faculty when a student will be out of class for an extended period of time. Faculty/staff should alert their supervisor.



### When can I return to in-person class or work?

After you complete your isolation/quarantine, students should check in with the Wilkins Wellness Center and faculty and staff should check with HR before returning to in-person activities.

### For questions or to follow up, contact:

Wilkins Wellness Center / [wwcenter@su.edu](mailto:wwcenter@su.edu) / (540) 665-4530 OR Human Resources / [hr@su.edu](mailto:hr@su.edu) / (540) 665-1296