

Use your head, stop the spread

Do your part to keep classes on and COVID away from campus.

Feeling ill? Know what to do



FEELING ILL

Chills, painful swallowing, stuffy nose, headache, muscle or joint ache, fatigue or severe exhaustion, nausea, vomiting, diarrhea or unexplained loss of appetite, loss of sense of smell or taste, conjunctivitis (pink eye)?

STOP

Do not come to campus, complete the AHS COVID-19 assessment or call 811 for advice.



INFORM

Tell your supervisor/instructor.



ISOLATE

You are legally required to isolate for 10 days minimum if you have tested positive for COVID-19. Isolation period is for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.



TEST

Positive? Isolate for 10 days or until your symptoms are gone. Negative? Quarantine for 14 days if you have known exposure to COVID-19.

DON'T COME TO CAMPUS IF...

- you have any COVID-19 core symptoms
- a close contact has COVID-19
- you have COVID-19 or you're being tested for COVID-19
- you are in quarantine after travelling.

SYMPTOMS ON CAMPUS? KNOW WHAT TO DO

If you are or have been on campus with symptoms, suspect you might have COVID-19 or have COVID-19, notify Campus Security immediately who will direct you to the on-call Safety and Community Services representative. **403.284.8530**