What should I do if I’ve been in close contact with someone ...

- ... who has tested positive for COVID-19?
- ... who is being tested due to symptoms of COVID-19?
- ... who is experiencing symptoms of COVID-19?

Self-quarantine & enhanced self monitor

- ... but is not experiencing any symptoms?

Continue enhanced self monitoring and physical distancing

- ... who has been exposed to someone that tested positive for COVID-19?
- ... who has been in close contact with someone else who might have been exposed?

Continue to practice physical distancing

How do I ...

... self-quarantine?

- STAY HOME for 14 days from the day you had contact with a person who tested positive for COVID-19; is being tested due to symptoms of COVID-19; or is experiencing symptoms of COVID-19.
- AVOID CONTACT with other people.
- DON’T SHARE household items.

Learn more at UofSC Student Health Services

... self monitor?

- BE ALERT for symptoms of COVID-19, especially a cough or shortness of breath.
- TAKE YOUR TEMPERATURE every morning and night, and write it down.
- CALL your doctor if you have a fever (temperature of 100°F or 38°C or higher)
- CALL 911 if you have difficulty breathing or other medical emergencies.
- CALL ahead for guidance when seeking medical treatment.

Learn more at UofSC COVID-19 Basics

... practice physical distancing?

- WEAR a face covering or mask.
- DON’T physically get close to people; try to stay at least 6 feet away.
- DON’T hug or shake hands.
- AVOID groups of people and frequently touched surfaces.

Learn more at UofSC Physical Distancing

What counts as “CLOSE CONTACT”?

- You were within 6 feet of them for 15 minutes or more.
- You had DIRECT PHYSICAL CONTACT with the person (e.g., kissing, hugging).
- You SHARED eating or drinking utensils with them.
- You came into contact with their RESPIRATORY SECRETIONS (e.g., they coughed on you).

What if I have symptoms?

If you experience symptoms, such as fever, chills, cough, loss of sense of smell or taste, headache, or sore throat, call UofSC’s Coronavirus Phone Bank: 803-576-8511, or contact your health care provider.