Each day before you leave home for work, check for these symptoms below and confirm you do not have a known exposure to COVID-19. If you do not have symptoms or exposure, report to work as normal and let your supervisor know you have completed today’s daily screening:

**SYMPTOMS**

If you are experiencing any symptoms below related to COVID-19, please contact your primary care provider to schedule a telehealth appointment and a COVID-19 test within the next 48 hours. You can also contact our UK Health Corps at 859-218-SAFE (7233) or healthcorps@uky.edu if you would like assistance in finding COVID-19 testing resources.

- Fever or Chills
- Cough
- Shortness of Breath or Difficulty Breathing
- New Loss of Taste or Smell
- Muscle or Body Aches
- Congestion or Runny Nose
- Headache
- Sore Throat
- Fatigue
- Nausea or Vomiting
- Diarrhea

Take care of yourself and help protect our Wildcat community. Please stay home and do not go to work or school until a medical professional tells you it is safe. Do not forget to contact your supervisor (staff) or chair/director (faculty) and follow your department’s normal call in procedures.

If your symptoms worsen or you feel it is a true medical emergency, call 911 or go to the UK HealthCare emergency department.
EXPOSURE

If you been within 6 feet of someone diagnosed with COVID-19 for more than 15 minutes or have a family member in your household who has been diagnosed with COVID-19, you may have been exposed to COVID-19.

Employees will need to quarantine for a minimum of 14 days, and should not go to work or school during that time. Continue to monitor yourself for symptoms and check your temperature twice a day. If individuals become symptomatic during that time frame, they should seek medical attention and/or get tested. Do not forget to contact your supervisor (staff) or chair/director (faculty) and follow your department’s normal call in procedures.

We encourage you to follow UK HealthCare and CDC guidelines that include avoiding contact with members of your household, crowded spaces, public transportation and ride-sharing, continuing to wear a mask and washing your hands frequently.

Be aware that COVID-19 can be a more severe illness if you fall in the following categories or have one of the following health conditions:

- COPD (chronic obstructive lung disease)
- Cancer
- Immunocompromised state  
  (weakened immune system or taking medications that may cause immune suppression)
- Obesity (BMI > 30)
- Serious heart conditions (heart failure, coronary artery disease or cardiomyopathy)
- Diabetes, chronic kidney disease, sickle cell or liver disease
- Pregnancy
- 65 years old or older
- Symptoms of COVID-19:
  - Fever of 100.0 or greater
  - New cough (not associated with seasonal allergies)
  - New muscle aches/pain
  - New shortness of breath
  - New sore throat (not associated with seasonal allergies)
  - Vomiting or diarrhea
  - Loss of taste or smell

Questions? UK Health Corps: healthcorps@uky.edu | 859-218-SAFE

go.uky.edu/ProtectRespect