

# COVID-19 DECISION TREE

## ARE YOU EXPERIENCING SYMPTOMS OF COVID-19?

**YES**

- Employees - Contact your supervisor. Get tested.  
Students - Contact your campus health center. Get tested.
- Stay home and isolate in your room while you await your test results, even if you do not know if you've been in close contact with someone who has COVID-19. Do not attend in-person classes, and stay away from people you live with.
- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- If you test positive:
  - Isolate at home for 5 days.  
Day 1 is the day after your symptoms appeared.
  - You can end isolation after day 5 if your symptoms have resolved or are resolving, including being fever-free for 24 hours without medication.
  - Wear a mask around others through day 10. Avoid places where you are unable to wear a mask such as gyms or restaurants. Utilize take-out or grab-and-go meal options.
- If you test negative, continue to avoid others until your symptoms improve to prevent the spread of your illness.



**YES**

- Wear a mask as soon as you find out you were exposed.
- Start counting the days from your last exposure. Day 0 is the day of your last exposure. Day 1 is the first full day after your last exposure. Wear a mask for at least 10 days after you have been exposed.
- Do not go places or engage in activities where you are unable to wear a mask.
- Watch for symptoms. If you develop symptoms isolate immediately and get tested.
- Get tested at least 5 full days after your last exposure. If you test negative continue wearing a mask through day 10. If you test positive isolate immediately.

**NO**

Have you been in close contact with someone who has COVID-19?  
(within 6 feet for a cumulative total time of 15 minutes or more over a 24-hour period)

**NO**

Have you tested positive for COVID-19?

**NO**

No action is needed. Continue to monitor your health. If you develop symptoms, get tested.

**YES**

- Employees - Contact your supervisor.  
Students - Contact your campus health center.
- Stay home and isolate in your room for 5 days. Do not attend work or in-person classes, and stay away from people you live with.
- If you remain symptom-free, you can end isolation after 5 days have passed since you had a positive test for COVID-19. Day 1 is the day after your test was collected.
- If you develop symptoms after testing positive, stay home for 5 full days after the onset of symptoms. Day 1 is the day after your symptoms began.
  - You can end isolation after day 5 if your symptoms have resolved or are resolving, including being fever-free for 24 hours without medication.
- Wear a mask around others through day 10. Avoid places where you are unable to wear a mask such as gyms or restaurants. Utilize take-out or grab-and-go meal options.

### KNOW THE SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### Questions?

Students - Contact your campus health center.

California: 724-938-4232 | Clarion: 814-393-2121 | Edinboro: 814-732-2743

Employees: Contact Safety & Risk Management, [safety@pennwest.edu](mailto:safety@pennwest.edu)