University of Colorado Anschutz Medical Campus
COVID-19 SELF-REPORTING GUIDE

Should I Submit a COVID-19 Self-Report Form?

Have you received a positive COVID-19 test result?

Do you have any of the following COVID-19 symptoms?
- Fever over 100.4°F or 38°C
- Chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Headache

Have you been in contact with a confirmed COVID-19 case?

Has it been greater than 14 days since your positive test or symptom onset?

Direct physical contact or close contact (within 6 feet for 15 or more mins)?
- No need to self-report, nor isolate or quarantine
- Follow CDC guidance including masking around others for 10 days, monitoring for symptoms and testing 5 days after exposure

Indirect or non-close contact (more than 6 feet apart and/or for less than 15 mins)?
- No need to self-report, nor isolate or quarantine

YES

NO

SELF-REPORT HERE

NO

YES

Has it been greater than 14 days since your positive test or symptom onset?

YES

NO

No need to self-report, nor isolate or quarantine

SELF-REPORT HERE

Go home immediately and stay home.

Await further instruction from Contact Tracing Team and/or Tri-County Health Department

No need to self-report, nor isolate or quarantine

No need to self-report, nor isolate or quarantine

SELF-REPORT HERE

Get tested for COVID-19

Go home immediately and stay home.

QUESTIONS?

Kimberlyn Cook MPH, Pandemic Campus Coordinator
Occupational Health | Environmental Health and Safety
University of Colorado Denver | Anschutz Medical Campus
(303)-724-9142 | kimberlyn.cook@cuanschutz.edu