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?

• Yes
  • No need to self-report, nor isolate or quarantine
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• No
  • Go home immediately and stay home
  • Await further instruction from Contact Tracing Team and/or Tri-County Health Department
  • Get tested for COVID-19
  • Have you been in contact with a confirmed COVID-19 case?
  • Direct physical contact or close contact (within 6 feet for 15 or more mins)?
  • 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

• Self-report indicating NO to symptoms, YES to exposure, and NO to a COVID-19 diagnosis
• You will be given any relevant masking instructions and cleared for return to campus

QUESTIONS?
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