

WHAT TO DO AFTER YOUR COVID-19 TEST

— PRECAUTIONARY UNIVERSITY TESTING —
NO SYMPTOMS OR CONTACT WITH INFECTED INDIVIDUALS

Thank you for participating in Fairmont State's COVID-19 testing process as we prepare to bring our University community back to campus. There are some important things you need to know about what you can and can't do after being tested and are waiting for your results.

WHAT SHOULD YOU DO WHILE YOU WAIT FOR YOUR RESULTS?

- Please maintain physical separation from others as much as possible and avoid large gatherings to the fullest extent possible until the results of your test are available.
- Wear a mask or face covering at all times unless you are in your residence hall room or personal residence.
- Practice good personal hygiene – wash your hands for at least 20 seconds with soap and water or use hand sanitizer and wipe down hard surfaces in your area.
- Be patient. Because you won't have your results right away, you don't know if you are contagious. If you did contract COVID-19, you are likely to be contagious two to three days before you become sick and up to 10 days afterward.

ON CAMPUS

- Students can leave their residence hall room but should wear a mask/face covering as mandated and stay physically distant as much as possible.
- Students should still be able to eat within the dining halls, but they should wear a mask/face covering and physically distance themselves while traveling to dining halls and when they are not eating.
- During this period, various virtual activities will be hosted for students to stay busy, meet people, etc.
- Faculty and staff can leave their offices/workspaces but should wear a mask/face covering as mandated and stay physically distant as much as possible.



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WHAT HAPPENS IF YOU RECEIVE A POSITIVE TEST RESULT?

- Students, faculty and staff with a positive test result will be notified by the local health department.
 - Representatives from the local health department will conduct a case investigation for all positive cases and initiate contact tracing.
 - The University will assist with contact tracing and also work with local health departments to determine if there is a need to decontaminate a specific facility or implement any additional mitigation measures.
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WHAT IF YOUR TEST RESULTS ARE NEGATIVE?

- Congratulations! We want you to remain COVID-free.
- Please continue to maintain physical distancing from those who are not in your immediate small circle of friends and avoid large gatherings to the fullest extent possible.
- Wear a mask or face covering at all times unless you are in your residence hall room or personal residence.
- Practice good personal hygiene – wash your hands for at least 20 seconds with soap and water or use hand sanitizer and wipe down hard surfaces in your area.
- If you develop COVID-19 symptoms after testing negative, you should be evaluated by a physician.

I TESTED NEGATIVE, BUT NOW I FEEL SICK. WHAT DO I DO?

- Students should first contact Student Health Services, (304) 367-4155, and the Marion County Health Department, (304) 366-3360. Then, students should immediately wear a mask, self isolate and report symptoms at www.fairmontstate.edu/reportillness.
 - Faculty and staff should first contact their primary care provider, HR and your immediate supervisor. Then, wear a mask, self isolate and report symptoms at www.fairmontstate.edu/reportillness.
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REMINDER TO LET US KNOW IF YOU TEST POSITIVE.

All students, faculty and staff are required to report if they test positive for COVID-19 or are self-quarantining due to suspected or known exposure to COVID-19. We want to be able to support you and make sure appropriate disinfection and sanitation processes are implemented if necessary.

As with prior Fairmont State publications, these materials are meant to be consistent with guidance published by the federal, state, and local governments and the associated health agencies. This document is reflective of the relevant scientific and medical information available at the time of publication. These materials are not and should not be used as a substitute for medical or legal advice. Rather, they are intended as a resource for use in coordination with applicable government and related institutional policies and guidelines, and they remain subject to further revision as available data and information in this space continue to emerge and evolve.

www.fairmontstate.edu/reportillness