

# I FEEL SICK

## Symptoms considered MODERATE/SEVERE:

- **ANY of the following red flag symptoms:**
  - Fever or feel feverish
  - Vomiting or diarrhea
  - Uncontrolled or frequent cough
  - Uncontrolled or frequent nasal discharge
  - Bad body aches
  - Feel too ill to work

OR

- Any mild symptoms AND unprotected contact with person with COVID

- You **CANNOT** work in person
  - Notify your manager
- Obtain a COVID PCR or Rapid Antigen Test on 3 separate days
  - Note: if a PCR is negative, or repeated antigen testing is negative, return to work is based on symptoms (see below\*). We encourage you to go to urgent care or your PCP for evaluation and to test for other illnesses.

## Symptoms considered MILD:

- Controlled cough
- Controlled nasal secretions
- Headache
- Fatigue
- Mild body aches
- Mild voice hoarseness
- Mild sore throat

AND

- You've **NOT** had unprotected contact with person with contagious illness (ie; COVID, flu)

- Obtain COVID PCR or Rapid Antigen Test on 2 separate days.
  - Note: If you use the less sensitive Rapid antigen test, you can return to work with a 1<sup>st</sup> presumptive negative result with strict mask use pending additional rapid antigen tests or a PCR.
- If testing for COVID negative, consider going to urgent care or your PCP to be tested for other illnesses if symptoms continue.
- Think it's your allergies? Review guidance under "Anything else"

## Anything else:

- Rash or skin lesions
- Red eyes or discharge from eyes
- Other symptom concerning for a contagious illness

- Email [studentaffairs@hsc.utah.edu](mailto:studentaffairs@hsc.utah.edu)

- If you have known seasonal allergies AND:
  - Are experiencing **ONLY** your typical allergy symptoms during usual allergy season AND
  - You do not have fever or uncontrolled cough/nasal secretions AND
  - Symptoms improve with allergy meds AND
  - You've **NOT** had unprotected contact with person with contagious illness

- **Would still check a Rapid Antigen Test on 2 separate days**
  - You may return to work with strict mask use with 1<sup>st</sup> presumptive negative result.

\*NOTE: No matter the illness – employees CANNOT work in person within 24 hours of fever, vomiting, or diarrhea – and must be without these symptoms without the use of medications. Cough or nasal discharge must be mild and controlled and requires strict mask use upon return to work.