**SELF-ISOLATE + COMPLETE THIS FORM:**
Stay in your room
Don’t attend class or participate in activities.
Monitor your temperature and other symptoms.

**STEP 1**

**I HAVE SYMPTOMS**
How do I know if they are Covid-19 related?

**I MAY HAVE BEEN EXPOSED**
How is a close contact defined?

**I TESTED POSITIVE FOR COVID-19**
I have received a positive test from outside the St. Olaf testing program (through your employer, healthcare provider, etc.) — what do I do now?

**STEP 2**

**I HAVE COVID-19 SYMPTOMS**

**I AM A CLOSE CONTACT**
Contact tracing will call you and facilitate testing. You will be moved to isolation while you wait for test results and your roommate and all of your close contacts will need to quarantine.

**CONTACT HEALTH SERVICES + QUARANTINE**
Call 507-646-6523.
Report your symptoms.
Will schedule an appointment if needed.
14 days from last exposure regardless of your test result (you cannot test out of quarantine).

**STEP 3**

**NEGATIVE TEST**
Monitor
Continue to monitor your symptoms and follow the direction of health services.

**POSITIVE TEST**
Isolation
10 days