

WHAT TO DO IF SICK, INFECTED, OR EXPOSED TO COVID-19

MSU Guidance on Covid-19 Public Health Precautions

Providing your information to the MSU COVID Support Team (covid-19@moreheadstate.edu) is the primary means to receive a University excused absence due to COVID reasons.

You are feeling sick or have COVID-19 symptoms.

- Step 1: The MOST IMPORTANT thing to do is STAY HOME or IN YOUR ROOM and STAY AWAY FROM OTHERS. Protect those around you – shelter in place, properly wear your mask, and keep your distance from others.
- Step 2: Schedule a telehealth appointment with your healthcare provider or **MSU Counseling & Health Services at (606) 783-2055**. Your healthcare provider will assess your symptoms and provide additional instructions.
- Step 3: Contact the MSU COVID Support Team at covid-19@moreheadstate.edu. Follow the instructions provided by the COVID Support Team and MSU.

You test positive for COVID-19.

- Step 1: The MOST IMPORTANT thing to do is STAY HOME or IN YOUR ROOM and STAY AWAY FROM OTHERS. Protect those around you – isolate, properly wear your mask, and keep your distance from others.
- Step 2: Contact the MSU COVID Support Team at covid-19@moreheadstate.edu. Follow the instructions and directives given to you by the health department, the COVID Support Team, and MSU.
- Step 3: Notify your instructors if you will miss class.

You have been exposed to COVID-19 (close contact to someone who tested positive) and you are not fully vaccinated, or you are booster-eligible (>6 months from Pfizer/Moderna or >2 months from J&J) and have NOT had your booster.

- Step 1: The MOST IMPORTANT thing to do is STAY HOME or IN YOUR ROOM and STAY AWAY FROM OTHERS. Protect those around you – quarantine, properly wear your mask, and keep your distance from others.
- Step 2: Contact the MSU COVID Support Team at covid-19@moreheadstate.edu. Follow the instructions and directives given to you by the health department, the COVID Support Team, and MSU.
- Step 3: Notify your instructors if you will miss class.

You have been exposed to COVID-19 (close contact to someone who tested positive) and you are boosted or fully vaccinated, but not yet booster-eligible (<6 months from Pfizer/Moderna or <2 months from J&J).

- Step 1: You do not need to quarantine if you do not have symptoms. See above if you have symptoms.
- Step 2: Wear a mask around others and monitor yourself for symptoms for up to 10 days after exposure.
- Step 3: Get a COVID-19 test 5 days after exposure.
- Step 4: If you have questions, contact one of the following:
- MSU COVID Support Team at covid-19@moreheadstate.edu.
 - Your local health department.
 - Your primary care provider.
 - KY COVID-19 Hotline at (800) 722-5725.

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