WHAT

CONTROL THE SPREAD

WHO

WHAT CONSTITUTES CLOSE CONTACT?

A CLOSE CONTACT INCLUDES THOSE WHO ARE WITHIN 6 FEET — WITH OR WITHOUT FACE COVERINGS — FOR 15 MINUTES OR MORE.

HOW LONG?

SOCIAL DISTANCING

EVERYONE

(in class, in the office, around campus, in the community)

SOCIAL DISTANCING

The conscious effort to maintain physical distance between yourself and others as a way to mitigate the spread of COVID-19. Stay at least 6 feet from other people as often as possible. Take precautions if you cannot guarantee 6 feet of distance, such as wearing a face covering.

SOCIAL DISTANCING

QUARANTINE

ANYONE WITH EXPOSURE TO A CLOSE CONTACT

(regardless of symptoms)

QUARANTINE

Separates people who may have been exposed, but do not have symptoms to see if they become symptomatic. A person can be contagious before symptoms begin, so this is critical to prevent the spread. If you think you have been exposed, quarantine immediately, monitor your symptoms and seek medical advice.

QUARANTINE

ISOLATION

A PERSON WHO HAS TESTED POSITIVE FOR COVID-19

(regardless of symptoms)

ISOLATION

Separates people who test positive for COVID-19, regardless of symptoms. People who test positive should stay home and away from others who share their residence.

ISOLATION

SELF-MONITORING

Monitor yourself for symptoms of COVID-19 every day. Take your temperature twice daily and remain mindful of cough, fever, difficulty breathing and other symptoms. If you begin to experience symptoms, quarantine, and seek medical advice.

SELF-MONITORING

Until there is a readily available vaccine

SELF-MONITORING

Follow guidance from your health care provider

SELF-MONITORING

Until medically cleared to return to work

SELF-MONITORING

For more information visit: RENEWAL.MISSOURI.EDU

Support, resources & referrals for employee impacted by COVID-19: https://renewal.missouri.edu/employees

TIGERS SUPPORT TIGERS

University of Missouri