I'm a WOU Employee. I've Tested Positive for Covid-19 - What Do I Do?
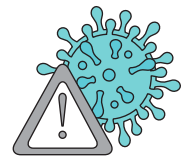
Here's what you do now...

Isolate

Stay home for **at least** **5 days** after your symptoms began, or after you tested positive if you don't have symptoms.

After 5 days you can safely end isolation if:
- you had **no fever** (without using fever-reducing medications) in the previous 24 hours; **and**
- your symptoms have significantly improved

Continue to wear a mask around others for +5 days.

Inform Your Supervisor and HR

Inform your supervisor and Human Resources about your positive test results.

You can email HR at hr@mail.wou.edu.

Report positive test here.

Find the COVID leave form here.

⭐ Consider completing this OHA survey. Your responses can help reduce the spread of the virus.

Notify Your Close Contacts

Call or email everyone you were in close contact* with when you were contagious** and inform them of their exposure.

**You are contagious 48 hours before your symptoms began, or before you got tested if you have no symptoms.

Isolation means staying away from anyone in your house, if you live with other people, by staying in a separate room and using a different bathroom.

---

*What's exposure? Being within 6 feet of a person who has been diagnosed with Covid-19 for at least 15 minutes over a 24 hour period, even with masks.

WOU Resources

To determine how to use sick time, vacation time or other leave in our current circumstances, please refer to Human Resources' COVID-19 page.

If you would like to report a concern about someone not following social distancing protocols, please report it to Campus Public Safety here.

University Computing Solutions has provided a resource page for help with telecommuting technology.

It is important to isolate and notify your close contacts as soon as possible.

Need help or have questions about Covid? Call OHA at 866-917-8881 or visit their Covid page for more information.

Polk County has a Covid-19 Hotline! Call 503-623-8175 and press option 5 to speak to a staff person. Open weekdays 8-12 & 1-5.

Still need a vaccine or booster? They are the best way to prevent Covid-19! Visit https://getvaccinated.oregon.gov#/ to find a vaccination site near you.

Visit: https://wou.edu/coronavirus/ for more WOU COVID-19 information
For information about the COVID-19 vaccine, visit: www.co.polk.or.us/ph/covid-19-vaccine

Western Oregon UNIVERSITY
Public Health