

# Worried you have been exposed to COVID-19?

COVID-19 is a new strain of virus in a family of viruses called coronavirus. Most coronavirus cause illnesses like the common cold; because this is a new strain, **some** people are experiencing severe symptoms.

## Symptoms of COVID-19

- Fever greater than 100.5°F/38°C
- Cough
- Shortness of breath
- Chest pain when you breathe
- Difficulty breathing

## How is COVID-19 spread?

- Close contact with an infected person (within about 6 feet) for a prolonged period of time—several minutes to hours
- Directly being sneezed or coughed on by someone who has the virus
- Recent travel to an area with sustained new cases

If you are concerned you have **been exposed** to the virus because you've had close contact with someone who has the virus and:

### You have **NO** symptoms

Contact CSU's Public Health Administrator at [ehs.colostate.edu/WPublicH](mailto:ehs.colostate.edu/WPublicH) or Larimer County Dept. of Health to be assessed. Self-isolate until they assist you and provide you with a specific course of action.

### You **HAVE** symptoms

**Seek medical care.**  
**Call ahead** to alert medical personnel to your potential exposure and symptoms.

If you are **sick but don't think you have been exposed** to the virus and:

### You have **MILD** symptoms

#### Self-isolation.

Attend classes remotely, stay away from crowds and other people (particularly older people or those with pre-existing conditions).

### You have **MODERATE** to **SEVERE** symptoms

**Seek medical diagnosis and care.**  
**Call ahead** to alert medical personnel to your symptoms.

For more information about the virus and CSU's response, visit:

[www.safety.colostate.edu/coronavirus](http://www.safety.colostate.edu/coronavirus)



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