

COVID-19 Guidelines for NMSU
Symptom and Time-Based Method for Returning (NM Department of Health)

You are receiving these guidelines because you or a person you have been in close contact with recently received a positive test result for COVID-19

If you are:

- **Asymptomatic (no symptoms of illness) and had a negative coronavirus test result** – resume activities as normal but continue to take precautions per public health orders and monitor for symptoms
- **Asymptomatic and received a call that your test was positive** – stay home and self-isolate immediately for a full 10 days (starting when you received the call). Monitor your temperature twice a day and watch for development of symptoms listed below. If you stay asymptomatic for the full 10 days, you may resume normal activities on day 11. If you developed symptoms during the 10 days, you can resume normal activities after you have been completely symptom free for 3.
- **Symptomatic and waiting for your coronavirus test results** – stay home until you receive results
- **Symptomatic and had a negative coronavirus test result** – stay home for any illness and return to normal activities once you are completely symptom free for 3 days
- **Symptomatic and received a call that your test was positive** - stay home and self-isolate immediately for a full 10 days (starting when you received the call). You can resume normal activities after you have been completely symptom free for 3 days (but must be home for the full 10 days after receiving test results).

What to do if you had a positive case in your department

- Positive employee should report it to the Aggie Health & Wellness Center by contacting David Carbajal at davidcar@nmsu.edu or calling 575-646-7375 and notify supervisor.
- The identified designated section or entire building will be closed for enhanced cleaning and disinfecting if an individual who regularly enters the building tests positive. Normal operations may return after the enhanced cleaning and announcement by your supervisor/department head.
- You can continue to work unless you are notified that you were identified as a contact (by the contact tracing team). If you were identified, you must self-isolate at home for 10 days, get tested, and following the guidelines above.

COVID-19 Symptoms (symptoms may appear 2-14 days after exposure to the virus)

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

When to seek emergency medical attention (call 911 or call ahead to your local emergency facility)

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

***This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you**