

## I'VE BEEN EXPOSED:

Have you been exposed to someone who has been diagnosed with or tested positive for COVID-19?

NO

YES

Did the exposure consist of at least one of the following with that person:

- Spent a total of 15 minutes or more over a 24 hour period within 6 feet (masked or unmasked)
- Direct physical contact (hugged or kissed)
- Shared eating/drinking utensils
- Respiratory droplets got on you via sneeze, cough, etc.

NO

YES

1. Please do not panic or rush out to be tested. It takes 3-5 days after a possible exposure for a COVID-19 test to display accurate results.
2. Quarantine in place. Be considerate of others you may come into contact with and monitor for symptoms.
3. Adhere to college or university guidelines of reporting if required.
4. Alert your chapter president and chapter advisor.
5. If you begin to experience symptoms, go to the "I Have Symptoms" section of this decision tree.

Wear your mask.

Practice social distancing.

Practice good hygiene.

Continue to monitor your symptoms daily.

# COVID-19: WHAT SHOULD I DO IF I'M NOT VACCINATED?

## I HAVE SYMPTOMS:

1. Quarantine in place. Be considerate of others you may come into contact with and continue to monitor your symptoms.
2. Look for the nearest COVID-19 testing location. Call ahead to determine testing procedures and next steps.
3. Adhere to college or university guidelines of reporting if required.
4. Alert your chapter president and chapter advisor.
5. Begin making a list of people you have been in close contact with over the past several days.
6. Should you test with a positive result, go to the "I Tested Positive" section of this decision tree.



## SYMPTOMS OF COVID-19:

- Shortness of breath
- Sore throat
- Cough
- Fever or chills
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Nausea or vomiting
- Congestion or runny nose

## I TESTED POSITIVE (SYMPTOMATIC AND ASYMPTOMATIC):

1. Plan to isolate for at least 10 days. If you are asymptomatic, this time starts after your positive test. You must be fever-free without medication and any other symptoms must be improving prior to stopping your isolation.
2. Remain in your room and avoid contact with others.
3. Adhere to college or university guidelines of reporting if required.
4. Report your positive result to your chapter president and chapter advisor. Notify anyone you may have come into close contact with over the past 4 days.
5. Contact your doctor or local health department if symptoms worsen.

IN ALIGNMENT WITH GUIDANCE FROM THE CDC, ALPHA CHI OMEGA STRONGLY ENCOURAGES YOU TO GET VACCINATED TO PROTECT YOURSELF AND OTHERS.

ALPHA CHI  
OMEGA

