



PROTOCOL FOR EMPLOYEES EXPERIENCING SYMPTOMS JANUARY 12, 2022 UPDATE

If you have symptoms of COVID-19¹:

- Contact a healthcare provider.
- Get tested.
 - Rapid antigen tests, such as those available over-the-counter, are an effective first step for testing symptomatic individuals. Faculty can contact the Dean's office (x3100) and staff can contact HR (x4818) for a free antigen test kit (subject to availability).
 - If antigen test is negative, take a PCR test using the Testlwa mail-in kit or through a healthcare provider. Testlwa PCR tests are free and available from HR and the Dean's office or can be ordered for home delivery through this link <testlwa.com/en>.
 - The college runs a courier service Monday through Friday at 10am and Saturdays at 8am; The PCR kit drop box is next to JRC information desk in the JRC.
 - If tests are not available, here are suggestions for [local testing options](http://uqr.to/13rrr). <<http://uqr.to/13rrr>>
 - Do not come to campus while waiting for results if you are not feeling well enough to work or have a recent known exposure. Work or teach remotely if your position allows. The College has provided up to 80 hours of Covid care time for staff members.
 - Staff: contact HR and your supervisor of your need to be absent
 - Faculty: contact Dean of the College to notify of need to teach remotely
- If either test is positive, refer to column 1 on the [Faculty or Staff protocols for exposures and positive test results](https://www.grinnell.edu/campus-life/health-wellness/coronavirus/faculty-staff/protocols). <<https://www.grinnell.edu/campus-life/health-wellness/coronavirus/faculty-staff/protocols>>
- If both tests are negative and you are feeling well enough to work, resume in-person work and continue masking when indoors.
- If symptoms persist or worsen, consult with a healthcare provider.

¹COVID-19 Symptoms (CDC):

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

Seek emergency medical attention for the following symptoms (CDC):

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

Additional Resources:

- [CDC Symptom Checker Tool](http://uqr.to/13rr9)
<<http://uqr.to/13rr9>>
- [COVID-19 Information for Faculty and Staff](http://uqr.to/13rrb)
<<http://uqr.to/13rrb>>