



What to do if you are a COVID close contact at Messiah University

If you are notified by someone in the Messiah University community that you were a close contact for COVID-19, you should respond by doing the following:

- **Monitor for symptoms of COVID-19.**
 - COVID symptoms typically present initially as scratchy throat, sneezing, congestion and cough--but other COVID symptoms can initially resemble allergies or a cold.
 - If you become symptomatic, **stay home** and follow the instructions for students and employees in Messiah's ["Campus COVID-19 Protocols"](#) found on [FalconLink](#).
- **Wear a KN95 in all indoor spaces for at least 10 days from the date of your last exposure to the positive individual. Assume that you are contagious to protect others during this time.**
 - **For residential students**, this includes wearing a mask in your residence hall except for when you are in your own room.
 - **For employees**, this includes wearing a mask in all workspaces except for when you are alone in your own office/workspace.
 - **Limit indoor dining experiences. i.e.,** Get take-out and distance yourself from others, eat outside or in your room/apartment/office whenever possible.
 - **During this time frame it is expected that you will not participate in activities where you cannot be masked.** *It is your responsibility to report your close-contact status to your roommate, supervisor, off-campus internship, music director, community partner, coach, etc.*