



## What to do if you test positive for COVID-19

If you do test positive, follow the steps below, and then follow specific steps for your relevant group (student or employee).

**Step 1.** If you tested positive via an at-home rapid test, you may wish to get a confirmatory PCR test. These tests are available at multiple locations across the state. Anyone can walk in or schedule an appointment for a test at one of the state's free [COVID-19 Community Testing sites](#) or find a testing option near them through the state's [Find Testing Locations map](#). If you test positive on an at-home test, your test result will not be reported to the Minnesota Department of Health, and you will not be able to complete the state's online case investigation survey.

**Step 2.** If you test positive at a community testing site or other lab that reports positive test results to MDH, MDH will send you a link to a secure online survey from [health.covid19.esurvey@state.mn.us](mailto:health.covid19.esurvey@state.mn.us). Do not click on a link that comes from a different email address. Complete the survey to give MDH information necessary for case investigation. Follow the instructions provided after you complete the survey.

**Step 3.** After completing the MDH survey, find the relevant category for yourself below and follow the instructions:

### STUDENTS

**What should I do if I test positive for COVID-19?**

Even if you are vaccinated ....

- Stay home.
- Call the SCSU Medical Clinic at 320-308-3193 for individual guidance. Do not go to the Medical Clinic in person.
- Separate/isolate yourself from people and animals.
- Follow the MDH isolation guidelines:

<https://www.health.state.mn.us/diseases/coronavirus/sick.html#stayhome>

**Note:** Loss of taste and smell may persist for weeks/months and need not delay the conclusion of the isolation period.

## **FACULTY/STAFF**

### **What should I do if I test positive for COVID-19?**

Even if you are vaccinated ....

- Stay home.
- Call a Human Resources (320-308-3203) Benefits Specialist--Jessi Bost or Kristin Schneider--for confidential and individual guidance. Do not go to Human Resources in person. The Benefits Specialist will help coordinate with your supervisor to determine if you can telework, or if you will need to take leave.
- Advise your supervisor that you are staying home and are in communication with HR.
- Separate/isolate yourself from people and animals.
- Stay away from others until you feel better, it has been at least 5-10 days since you felt sick/tested positive for COVID-19, and you have not had a fever for 24 hours. You should contact your healthcare provider to help determine how long you need to isolate for.
- Follow MDH isolation guidelines:  
<https://www.health.state.mn.us/diseases/coronavirus/sick.html#stayhome>
- Contact your healthcare provider for health advice.
- You may communicate with your dean/supervisor about the positive test results if you wish (but are not required to), but you should not communicate with others in the workplace about those results.
- You can return to the workplace on the date that HR clears you to return. **Note:** Loss of taste and smell may persist for weeks/months and need not delay the conclusion of the isolation period.

### **What should I do if I develop COVID-19 symptoms?**

Regardless of your vaccination status, take the following steps:

- Stay home from work. Contact an HR Benefits Specialist for confidential and individual guidance; do not go to Human Resources in person. The Benefits Specialist will advise how long you will need to wait until you can return to work. The Benefits Specialist will help coordinate with your supervisor to determine if you can telework, or if you will need to take leave.
- Advise your dean/supervisor you are staying home and are in communication with HR.
- Separate/isolate yourself from people and animals.
- Get tested right away.
- Inform the HR Benefits Specialist of your test results.
- Do not communicate with others in the workplace about your symptoms, other than HR. You may communicate with your supervisor about your symptoms if you wish (you are not required to do this), but you should not communicate with other co-workers about them.
- Contact your healthcare provider for health advice.
- You can return to the workplace on the date that HR clears you to return.