

## What should I do if I feel sick?

If you are not feeling well, please contact your regular healthcare provider for guidance. If your symptoms are escalating, including with progressive shortness of breath, do not wait for your regular doctor to get back to your email or phone call and seek emergent care if needed. For more information about COVID, see Fairfax County Public Health Department's website: <https://www.fairfaxcounty.gov/health/novel-coronavirus>

## Whom at George Mason to notify if feeling ill with COVID symptoms

COVID status	Student	Contractor	University Employees (non-healthcare)	University Employees (healthcare)
<u>I am sick with mild symptoms</u>	<b>No formal notification needed.</b> Contact your primary provider for further guidance.			
<u>I am sick</u> <b>Fever (100 degrees) AND</b> Cough, OR Shortness of breath, OR Severe fatigue&muscle aches, OR <b>I have been told by my doctor                      that I have COVID-19</b>	<b>If you have contact with other                      students on-campus:</b> Call Student Health Services (703) 993-2831	<b>Notify:</b> George Mason University Environmental Health & Safety at (703) 993-8448 or email <a href="mailto:safety@gmu.edu">safety@gmu.edu</a>	Complete the university's secure <a href="#">COVID-19 Survey</a>  Human Resources & EHS will contact you if necessary.	<b>SHS and Population                      Health/MAP Clinic:</b> Contact your supervisor and complete the university's secure <a href="#">COVID-19 Survey</a> .  Human Resources & EHS will contact you if necessary.
<u>Waiting test results</u> I am waiting for the results of a COVID test and am currently self- isolating	<b>All others:</b> Use the secure SHS online portal: <a href="https://gmu.medicatconnect.com">https://gmu.medicatconnect.com</a>			
<u>Positive COVID testing</u> I just tested positive for COVID- 19. Whom do I notify?				
<u>General COVID Questions</u>	Visit <a href="https://www2.gmu.edu/coronavirus">https://www2.gmu.edu/coronavirus</a> For university questions, contact <a href="mailto:safety@gmu.edu">safety@gmu.edu</a>			