Your pathway to PROTECTING the PACK.

Huskies take care of Huskies. Follow this flowchart to protect yourself and others from the spread of COVID-19.

If you’ve...

<table>
<thead>
<tr>
<th>TESTED POSITIVE or think you may have symptoms of COVID-19:</th>
<th>BEEN EXPOSED or been in close contact with someone who has COVID-19:</th>
<th>NOT BEEN EXPOSED and do not have symptoms:</th>
</tr>
</thead>
<tbody>
<tr>
<td>SELF-ISOLATE to avoid making others sick.</td>
<td>SELF-QUARANTINE as a precaution to see if you become sick.</td>
<td>SELF-MONITOR and practice physical distancing.</td>
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</tbody>
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- Call the NIU COVID-19 helpline at 815-753-0444 immediately for assistance and next steps.
- Isolate/quarantine at home or in your residence hall room, away from other people and pets.
- Call your health care provider and answer calls from the DeKalb County Health Department.
- Notify your professors (and community advisor/job supervisor, if you live/work on campus).
- Stay in isolation until you’re cleared by your doctor or the health department. If you’re in quarantine, you may return to normal activities in 14 days if you are not experiencing symptoms.

What is self-monitoring?
Everyone visiting campus must submit daily wellness checks on the #CampusClear app. Symptoms can appear 2-14 days after exposure to COVID-19, and may include the following:
- Fever or chills.
- New cough.
- Shortness of breath or difficulty breathing.
- New loss of taste or smell.
- Sore throat.
- Congestion or runny nose (excluding seasonal allergies).
- New unexplained fatigue.
- Muscle or body aches.
- Unusual headache.
- Nausea or vomiting.
- Diarrhea.

niu.edu/protecting-the-pack