

Your pathway to **PROTECTING the PACK.**



Northern Illinois
University

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

If you've...

TESTED POSITIVE

or think you may have symptoms of COVID-19:

SELF-ISOLATE

to avoid making others sick.

BEEN EXPOSED

or been in close contact with someone who has COVID-19:

SELF-QUARANTINE

as a precaution to see if you become sick.

NOT BEEN EXPOSED

and do not have symptoms:

SELF-MONITOR

and practice physical distancing.

- Complete the **COVID-19 Screening Checklist** 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.

- Use the **#CampusClear** app every day.
- Wear a face mask, wash your hands often, stay six feet apart and avoid large groups.
- Complete the **COVID-19 Screening Checklist** if you develop symptoms or are feeling ill.

Take the call.

If you seek care or are called by the DeKalb County Health Department, we ask that you do your part to fully participate, answer questions honestly and take precautionary steps asked of you. We will make every effort to respect personal information as we work closely with public health officials to trace cases of COVID-19 and contact those affected.

- Calls from the DeKalb County Health Department will come from 815-758-6673.

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.