

## COVID-19 Wellness Check

To help promote a healthy campus environment, please keep the following in mind:

People with COVID-19 have reported a wide range of symptoms – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. Symptoms of COVID-19 include but are not limited to:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you are experiencing any of these symptoms **stay home from work** and contact your health care provider.

Further details may be found here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

If you have been around anyone sick or diagnosed with COVID-19 **stay home from work** and contact your health care provider.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are returning from International Travel or Cruise Ship Travel, stay home for 14 days from the time you returned home, monitor your health and practice social distancing.

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

If you have questions about reporting and/or returning to work contact HR.

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