# What should I do if I am feeling ill?

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 Santa Clara County Public Health Department’s document at: https://www.sccgov.org/sites/phd-p/Diseases/novel-coronavirus/Documents/Suspected-Case-Information-Sheet-20200316.pdf

## Whom at Stanford to notify if feeling ill with COVID symptoms

<table>
<thead>
<tr>
<th>COVID status</th>
<th>Student</th>
<th>Postdoc</th>
<th>Stanford University Employee (non-hospital based)</th>
<th>Stanford University clinician / staff working in Stanford Health Care</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>I am sick with mild symptoms</strong></td>
<td></td>
<td>No formal notification needed for COVID.</td>
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<tr>
<td>Sore throat, headache, mild fatigue + aches, nausea/diarrhea</td>
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<tr>
<td><strong>I am sick</strong></td>
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<tr>
<td>Fever (100 degrees) AND</td>
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<tr>
<td>1. Worsening cough</td>
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<td>2. OR Shortness of breath</td>
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<td>3. OR Severe fatigue and muscle aches</td>
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<tr>
<td><strong>Awaiting test results</strong></td>
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<tr>
<td>I am waiting for the results of a COVID test and am currently self-isolating.</td>
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<td><strong>Positive COVID testing</strong></td>
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<td>I just tested COVID-positive. Whom do I notify?</td>
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<tr>
<td><strong>General COVID Questions</strong></td>
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<tr>
<td>See <a href="https://healthalerts.stanford.edu">https://healthalerts.stanford.edu</a></td>
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<tr>
<td>For health guidance, contact <a href="mailto:healthguidance@stanford.edu">healthguidance@stanford.edu</a></td>
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</tbody>
</table>

**Office of Student Affairs**
Email: deanofstudents@stanford.edu

**Office of Postdoctoral Affairs**
Email: pdcovid19@stanford.edu

Contact your local HR representative and let them know if you had symptoms at work, and when they began

**Stanford Hospital Occupational Health Services**
650-723-5922