

Keeping our students and staff healthy



When to stay home

COVID-19: Symptoms, Exposure, Positive Test

- ✓ In the past 24 hours, you have any symptoms of COVID-19 including: cough, fever of 100.4°F or greater, chills, shortness of breath or difficulty breathing, sore throat, muscle pain, new loss of taste or smell, nausea, vomiting, diarrhea, nasal congestion, runny nose or headache OR if in the past 48 hours you have experienced vomiting or diarrhea.
 - If, within the past 24 hours, you have taken medication to treat a fever (100.4° F or higher) such as ibuprofen (Advil, Motrin), acetaminophen (Tylenol), etc., **please stay home.**
- ✓ You have tested positive for COVID-19 and have not yet met criteria for return to work (no fever for 24 hours, 10 days since the start of symptoms, and symptoms are resolved).
- ✓ You have been in close contact with someone with COVID-19 and are not fully vaccinated.



When to return to work

Low Risk Symptoms

- ✓ Congestion/runny nose
- ✓ Nausea/vomiting
- ✓ Diarrhea
- ✓ Sore throat
- ✓ Headache
- ✓ Muscle aches/pains
- ✓ Fatigue

IF YOU HAVE:

1 LOW RISK SYMPTOM and no exposure to suspected or confirmed case of COVID-19, you can return to work **24 hours after** symptoms resolve.

For vomiting and diarrhea, you can return to work **48 hours after** symptoms resolve.

High Risk Symptoms

- ✓ Cough
- ✓ Difficulty breathing
- ✓ Loss of taste or smell
- ✓ Fever of 100.4° or higher

IF YOU HAVE:

2 or more LOW RISK SYMPTOMS and/or **1 HIGH RISK SYMPTOM** and no exposure to suspected or confirmed case of COVID-19, you can return **AFTER**:

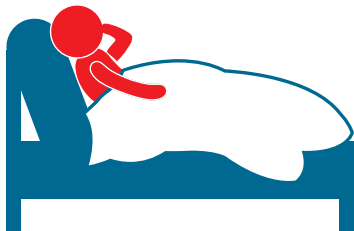
- ✓ 10 days in isolation from symptoms onset **AND** meet the 2 criteria listed below:

- Individual symptoms resolved.
- Fever-free > 24 hours without the use of fever reducing medication.

OR

- ✓ You meet **ALL** of the following criteria:

- Negative COVID-19 test
- Individual symptoms resolved
- Fever-free > 24 hours without the use of fever reducing medication
- Vomiting and diarrhea-free > 48 hours



Exposure Proximity

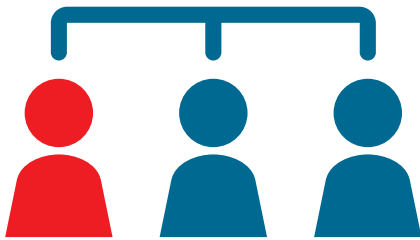
Please inform your supervisor if you have been exposed to COVID-19

Person 1

Quarantine*

A Person 1 is confirmed to have COVID-19, is awaiting COVID-19 test results or has been quarantined by a doctor.

Person 1 must isolate for 10 days after illness onset and until 24 hours after fever is gone and symptoms are resolved.



Person 2

Quarantine* & Monitor Symptoms

A Person 2 has had close contact with Person 1.

Person 2 should self-quarantine for 14 days from last date of exposure if:

- Person 1 is positive for COVID-19
- Person 1 is quarantined by a doctor

If a Person 2 shows no symptoms:

- Remain at home for 14 days or in a comparable setting
- Practice social distancing
- Actively monitor symptoms

If Person 2 becomes symptomatic:

- Isolate and follow protocols for Person 1, including seeking medical care

Person 3

No Quarantine & Monitor Symptoms

A Person 3 had close contact with a Person 2 or casual contact with a Person 1.

- Person 3 has no need to self-quarantine
- Person 3 should self-monitor for symptoms

*Close contacts who have been fully immunized with a COVID-19 vaccine according to the ACIP schedule (for example, received both doses of the Pfizer or Moderna vaccine) and are at least 14 days beyond completion of the vaccine series at the time of their exposure are not required to quarantine. Fully immunized close contacts should still monitor themselves for symptoms of COVID-19 during the 14 days after exposure and if symptoms develop, they should isolate and seek testing.

When to quarantine?

If you have had a **close contact exposure** (more than 15 minutes, less than 6 feet)



FULLY VACCINATED

- Not required to quarantine
- Monitor symptoms. If symptoms develop, isolate and seek testing



NOT FULLY VACCINATED

- Quarantine for 14 days

If you have tested positive for COVID-19, please contact your supervisor and isolate for 10 days