



Student COVID-19 Information

Exposure, symptoms, illness and return to campus

IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19 (QUARANTINE):

- Notify the COVID Response Team at covidresponse@cedarcrest.edu with the following information:
 - Date of last contact with the confirmed positive person
 - Date confirmed positive person was tested
 - If you are currently experiencing symptoms or are asymptomatic
 - Whether you are vaccinated or not, and if vaccinated, indicate if you have received a booster
 - Date you were last on campus
 - Who you were in close contact with while on campus and duration of contact
 - Whether or not those you were in close contact with on campus were wearing masks/face coverings

WHO SHOULD QUARANTINE:

Students who come into close contact with someone with COVID-19 should quarantine if they are in one of the following groups:

- You have completed the primary series of recommended vaccines, but have not received a recommended booster shot when eligible.
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot.
- You are not vaccinated or have not completed a primary vaccine series.

Definitions:

Close Contact: Someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes).

Exposure: Contact with someone infected with the virus that causes COVID-19 in a way that increases the likelihood of getting infected with the virus.

Isolation: Is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. People who are in isolation should stay home until it's safe for them to be around others.

Masks: Must be properly worn on campus in the presence of others. Surgical masks and KN95 type masks are acceptable; double masking is also an alternative. Effective masks:

- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and don't have gaps
- Have a nose wire to prevent air from leaking out of the top of the mask
- Additional information about masks: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Quarantine: A strategy used to prevent transmission of COVID-19 by keeping people who have been in close contact with someone with COVID-19 apart from others.

Symptoms of COVID-19: Fever or chills, cough, shortness of breath, difficulty breathing, sore throat, muscle aches, nausea, vomiting, diarrhea, loss of taste or smell.

WHAT TO DO FOR QUARANTINE:

- Stay home and away from other people for at least 5 days (day 0 through day 5) after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Wear a well-fitting mask when around others at home, if possible.
- For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms.
- If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive, follow isolation recommendations. Notify the COVID Response Team at covidresponse@cedarcrest.edu if you develop symptoms or test positive.
- If you do not develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

IF YOU TEST POSITIVE FOR COVID-19 (ISOLATION):

- Notify the COVID Response Team at covidresponse@cedarcrest.edu with the following information:
 - Date you were tested for COVID
 - Whether you are vaccinated or not and if vaccinated, indicate if you have received the booster
 - Date symptoms began, if experiencing symptoms (if asymptomatic, please indicate)
 - Date you were last on campus and who you were in close contact with
 - Whether or not those you were in close contact with on campus were wearing masks/face coverings

WHO SHOULD ISOLATE:

Students who have presumed or confirmed COVID-19 should stay home and isolate from other people for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive viral test for asymptomatic persons). Students who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to isolate regardless of their vaccination status.

- People who have a positive viral test for COVID-19, regardless of whether or not they have symptoms.
- People with symptoms of COVID-19, including people

who are awaiting test results or have not been tested. People with symptoms should isolate even if they do not know if they have been in close contact with someone with COVID-19.

WHAT TO DO FOR ISOLATION:

- Separate from others or wear a well-fitting mask when around others at home.
- If possible, stay in a specific “sick room” or area and use a separate bathroom.
- Wear a well-fitting mask when around others while in isolation and in public for an additional 5 days after isolation.

ENDING ISOLATION AFTER HAVING SYMPTOMS:

- Isolation may end after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation). Isolation may be up to 10 days, depending on symptoms.
- Continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period.
- If you continue to have a fever or your other symptoms have not improved after 5 days of isolation, continue to isolate for up to 10 days and contact your health care provider for additional guidance.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until a full 10 days after your first day of symptoms.

ENDING ISOLATION AFTER TESTING POSITIVE, BUT HAD NO SYMPTOMS:

- Isolate for at least 5 days, even if you do not develop symptoms. Day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after the specimen was collected for your positive test.
- Continue to wear a well-fitting mask around others at home and in public until day 10 (day 6 through day 10).
- If you develop symptoms after testing positive, your 5-day isolation period should start over. Day 0 is your first day of symptoms. Follow the recommendations above for ending isolation for people with symptoms.

IF YOU HAVE COVID-19 SYMPTOMS WITH NO KNOWN EXPOSURE:

- **DO NOT COME TO CAMPUS.**
- Contact your primary care provider or local health system for further guidance regarding testing.
- Isolate at home pending any test results.

CLASS ATTENDANCE AND COVID-19:

Students who are unable to attend face-to-face educational activities for reasons related to COVID-19, as verified by the COVID Response Team, will not be penalized for such absences. Students who are absent for such reasons may be able to participate in synchronous or other online activities as their health permits. Students should contact their instructor if they have questions regarding how to access required academic material and complete assignments remotely during such absences. Extended absences may require an Incomplete or course withdrawal, which the COVID Response Team will facilitate in consultation with the student and the instructor of the course.

The COVID Daily Response Team will notify instructors when a student is experiencing a COVID-related absence. The COVID Daily Response Team will also notify instructors when the student is cleared to return to face-to-face or other educational activities.

