

EXPOSURE TO COVID-19 GUIDELINES

If you are exposed to a positive COVID case (either at College or outside of College) **there are no work restrictions and no requirement to quarantine regardless of COVID-19 vaccination status if you are asymptomatic.**

You do not need to inform the COVID Coordinator and you can return/remain at College.

Steps to Take After Being Exposed:

- Wear a high-quality mask (ASTM level 2) or respirator (e.g., N95) any time you are around others at the College, inside your home or indoors in public
 - take extra precaution such as social distancing if you will be around people who are more likely to get very sick from COVID-19
- Continue the precautions for at least **10 full days**
 - day 0 is the day of your last exposure to someone with COVID-19
 - day 1 is the first full day after your last exposure
- **Get tested at least 5 full days after your last exposure**
 - **test even if you don't develop symptoms**
 - if negative, continue taking precautions through day 10
 - if positive, isolate immediately and complete the College's [COVID-19 Positive Test Form \(jotform.com\)](#)
 - once completed you will receive an email on next steps. Please read that carefully. A tentative return to College date/end of isolation date will be confirmed by the COVID Coordinator
 - **if at any time you become symptomatic, you need to stay home and test immediately.**

COVID-19 Symptoms may include:

- cough
- fever
- sore throat
- headache
- nasal congestion
- fatigue and body aches
- diarrhea
- loss of smell and taste

Please note: Should you receive a negative test with a rapid antigen test and are still experiencing symptoms, you should test again and/or obtain a PCR to confirm and stay home from the College if sick.

As noted in the Food and Drug Administration labeling for authorized over-the-counter antigen tests, negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions. Please follow up with your healthcare provider, if you continue to test negative for COVID and are experiencing symptoms.

SPECIAL CONSIDERATIONS:

Consistent with the protocol at other academic healthcare facilities, if an individual is wearing the proper personal protective equipment (e.g., mask, respirator) and has close and prolonged contact with a positive case, the interaction is not considered an exposure. This is regardless of whether the exposed individual "up to date" COVID vaccination status.

If you tested positive for COVID-19 in the last 90 days AND have been exposed:

- if your first positive test result **was within 30 days** or less and **you have symptoms:**
 - use rapid antigen tests. If negative, multiple tests may be necessary.
- if your first positive test result was within 30 days or less and **you do not have symptoms:**
 - testing is **not recommended** to detect a new infection

- if your first positive test result **was within 31-90 days** and **you have symptoms:**
 - use rapid antigen tests. If negative, multiple tests may be necessary
- if your first positive test result **was within 31-90 days** and **you do not have symptoms:**
 - use rapid antigen tests. If negative, multiple tests may be necessary

Please note: After a positive test result, you may continue to test positive for some time after. You may continue to test positive on antigen tests for a few weeks after your initial positive. You may continue to test positive on PCR tests for up to 90 days. Reinfections can occur within 90 days, which can make it hard to know if a positive test indicates a new infection. Consider consulting a healthcare provider if you have any questions or concerns about your individual circumstances.

To find a testing site near your home or the College click here: [COVID Testing Sites](#)

Reference:

[What to Do If You Were Exposed to COVID-19 | CDC](#)

