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, 5 days since the start of symptoms, and symptoms are resolved or significantly improving).
✔️ You have been in close contact with someone with COVID-19 within the last 5 days and are not up to date with vaccines*. 

*Up to date with vaccines means at least 14 days beyond completion of the vaccine series and includes booster doses (5 months after Moderna and Pfizer series and 2 months after Johnson and Johnson).

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 or are significantly improving.

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°F 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:

✔️ 5 days in isolation from symptoms onset AND meet the 2 criteria listed below:
  • Individual symptoms resolved or significantly improving
  • 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 or significantly improving
  • 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

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**Person 1**

**Isolate**

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 5 days from onset of symptoms and/or notification of positive COVID test and until 24 hours after fever is gone and symptoms are resolved or significantly improving.

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**Person 2**

**Quarantine and/or Test to Stay + Monitor Symptoms**

A Person 2 has had close contact with Person 1.

If exposure takes place at work; not up to date with vaccines

Person 2 to get an onsite or community rapid PCR or antigen test immediately after exposure and again at 3 to 5 days post exposure. If both tests are negative and person 2 is symptom free, they are not required to quarantine (see page 3 of this guide for detailed information about Test to Stay).

If exposure takes place outside of work

Person 2 should self-quarantine for 5 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 5 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

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**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

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**When to quarantine?**

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

**UP TO DATE WITH VACCINES***

- Not required to quarantine
- Monitor symptoms. If symptoms develop, isolate and seek testing
- Test 3-5 days after exposure

**NOT UP TO DATE WITH VACCINES**

- Quarantine for 5 days, unless eligible for Test to Stay
  (see page 3 of this guide for detailed information about Test to Stay)
- Monitor symptoms. If symptoms develop, isolate and seek testing
- Test 3-5 days after exposure

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*Up to date with vaccines means at least 14 days beyond completion of the vaccine series and includes booster doses (5 months after Moderna and Pfizer series and 2 months after Johnson and Johnson).
Important things to remember:

If you are up to date with vaccines and exposed to COVID-19, you do not have to quarantine or be tested.

If you are not up to date with vaccines and exposed to COVID-19 outside of work, the Test to Stay protocol is not an option.

*Up to date with vaccines means at least 14 days beyond completion of the vaccine series and includes booster doses (5 months after Moderna and Pfizer series and 2 months after Johnson and Johnson).