If you have been identified as a close contact to someone with COVID-19 (QUARANTINE)

All individuals who are exposed to a positive case of Covid-19.

(If you have had Covid-19 infection in the past 90 days, please see below)

● You do not need to Quarantine, regardless of vaccination status.
● For 10 days after the last exposure to the positive case, you must wear a well-fitting mask at all time, when indoors.
● Monitor your symptoms and take precautions around others for 10 days.
  ○ Maintain physical distancing
  ○ Wear a mask
  ○ Utilize outdoor spaces and well ventilated areas
  ○ Wash your hands
  ○ Clean and disinfect shared spaces frequently
● Test on day 5 and day 7 after your last exposure to a positive case (with Shield or in the health office) and continue to follow IMSA's COVID-19 testing schedule. You may be asked to test as soon as you are identified as a close contact if you are a roommate or have not tested in more than 5 days.

● STUDENTS - Go to the health office or notify RC by telephone if you develop any symptoms.
● STAFF - If you develop symptoms get a test and stay home.

Immediatly isolate yourself if you develop any Covid-19 symptoms or have have a positive at home test.

If you have tested positive for Covid-19 in the last 30 days and Covid-19 symptoms have returned or worsened:

You should Isolate.

● STUDENTS - Go to the health office or notify RC by telephone for further instructions.
● STAFF - Please test, notify the Covid coordinator of your results and stay home until instructed by the Covid coordinator to return.

● You must isolate and wear a well-fitting mask around others until a negative test has been confirmed AND symptoms have improved, AND you have not had a fever for more than 24 hours without the use of fever reducing medications.

If you have tested positive for COVID-19 in the last 31 to 90 days.

You do not have symptoms:

● You do not need to Quarantine, regardless of vaccination status.
● For 10 days after the last exposure to the positive case, you must wear a well-fitting mask, at all time when indoors.
● Monitor your symptoms and take precautions around others for 10 days.
  ○ Maintain physical distancing

CALCULATING QUARANTINE
The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Quarantine full 10 days. Return on Day 11.
Wear a mask
Utilize outdoor spaces and well ventilated areas
Wash your hands
Clean and disinfect shared spaces frequently

- Test on day 5 and day 7 after your last exposure to a positive case (with Shield or in the health office) and continue to follow IMSA's COVID-19 testing schedule. You may be asked to test as soon as you are identified as a close contact if you are a roommate or have not tested in more than 5 days.
- Testing can be done in the health office Monday through Friday 8 am to 3 pm.

If you do have Covid-19 symptoms
You should Isolate.

- STUDENTS - Go to the health office or notify RC by telephone for further instructions.
- STAFF - Please test, notify the Covid coordinator of your results and stay home until instructed by the Covid coordinator to return.

You must isolate and wear a well-fitting mask around others until a negative test has been confirmed AND symptoms have improved, AND you have not had a fever for more than 24 hours without the use of fever reducing medications.

CALCULATING QUARANTINE
The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Quarantine full 10 days. Return on Day 11.
If You Tested Positive for COVID-19 (ISOLATE)

If you have just been told you have COVID-19:

Everyone, regardless of vaccination status, who has a positive Antigen, PCR, NAAT, or an at-home COVID-19 test and does not have any COVID-19 symptoms or develop any COVID-19 symptoms during isolation.

Students, teachers, and staff who test positive for COVID-19 and never develop symptoms should isolate for at least 5 days. Day 0 is the day of the positive viral test (based on the date of testing) and day 1 is the first full day after the specimen was collected for the positive test.

- If you continue to have no symptoms, you can end isolation after at least 5 days.
- You should continue to wear a well-fitting mask around others at home and in public for the full 10 days after the positive test. If you are unable to wear a mask when around others, you should continue to isolate yourself for 10 days.
- For 10 full days
  - Avoid people who are immunocompromised or at high risk
  - Physically distance yourselves from others
  - Utilize outdoor spaces and well ventilated areas
  - Wash your hands frequently
  - Clean and disinfect shared spaces frequently

The health office will call you on day 4 or 5 to check on your symptoms and clear you to return to campus. DO NOT RETURN WITHOUT SPEAKING TO SOMEONE IN THE HEALTH OFFICE.

If you develop symptoms after testing positive, the 5-day isolation period should start over. Day 0 is the first day of symptoms.

CALCULATING QUARANTINE
The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Quarantine full 10 days. Return on Day 11.
Everyone, regardless of vaccination status, who has a confirmed Antigen, PCR, NAAT, or an at-home COVID-19 test and have COVID-19 symptoms.

People who have COVID-19 and have or develop symptoms should isolate for at least 5 days after the positive test result or onset of symptoms. To calculate the 5-day isolation period, day 0 is the first day of symptoms or collection date of the positive test. Day 1 is the first full day after their symptoms developed or date of positive test.

- You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and 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).
- You should 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 their 5-day isolation period. If you are unable to wear a mask when around others, you should continue to isolate yourself for 10 days.
  - For 10 full days
    - Avoid people who are immunocompromised or at high risk
    - Physically distance yourselves from others
    - Utilize outdoor spaces and well ventilated areas
    - Wash your hands frequently
    - Clean and disinfect shared spaces frequently
- If you continue to have a fever or other symptoms have not improved after 5 days of isolation, you should wait to end isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. You should continue to wear a well-fitting mask and contact your healthcare provider with questions.

The health office will call you on day 4 or 5 to check on your symptoms and clear you to return to campus. DO NOT RETURN WITHOUT SPEAKING TO SOMEONE IN THE HEALTH OFFICE.

All Covid-19 related questions should be directed to the Covid Assistant

- Phone 630-715-4636
- Email covid@imsa.edu

update 8.19.22

CALCULATING QUARANTINE
The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Quarantine full 10 days. Return on Day 11.