

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

<p>All individuals who are exposed to a positive case of Covid-19.</p> <p><i>(If you have had Covid-19 infection in the past 90 days, please see below)</i></p>	<ul style="list-style-type: none"> ● 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 times, when indoors. ● Monitor your symptoms and take precautions around others for 10 days. <ul style="list-style-type: none"> ○ 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 - <i>If you develop symptoms get a test and stay home.</i> <p>Immediately isolate yourself if you develop any Covid-19 symptoms or have a positive at home test.</p>
<p>If you have tested positive for Covid-19 in the last 30 days and Covid-19 symptoms have returned or worsened:</p>	<p>You should Isolate.</p> <ul style="list-style-type: none"> ● STUDENTS - Go to the health office or notify RC by telephone for further instructions. ● STAFF - <i>Please test, notify the Covid coordinator of your results and stay home until instructed by the Covid coordinator to return.</i> ● 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.
<p>If you have tested positive for COVID-19 in the last 31 to 90 days.</p>	<p><u>You do not have symptoms:</u></p> <ul style="list-style-type: none"> ● 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 times when indoors. ● Monitor your symptoms and take precautions around others for 10 days. <ul style="list-style-type: none"> ○ 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 the date of the 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

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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.