

Quarantine Resource Guide

Updated: 9/28/2021

Quarantine Protocol for those who have received a COVID-19 vaccination

Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria:

- Are fully vaccinated (greater than, or equal to 2 weeks following receipt of the second dose in a 2-dose series, or greater than or equal to 2 weeks following receipt of one dose of a single-dose vaccine)
- Have remained asymptomatic since the current COVID-19 exposure
- Those who do not meet the 2 criteria will need to quarantine.
- Fully vaccinated persons who do not quarantine should still self-monitor for COVID-19 related symptoms for 14 days following an exposure. If they begin to experience symptoms, they should be clinically evaluated and should visit the Student Health Center, or their primary healthcare provider.

Positive Test Quarantine Protocol

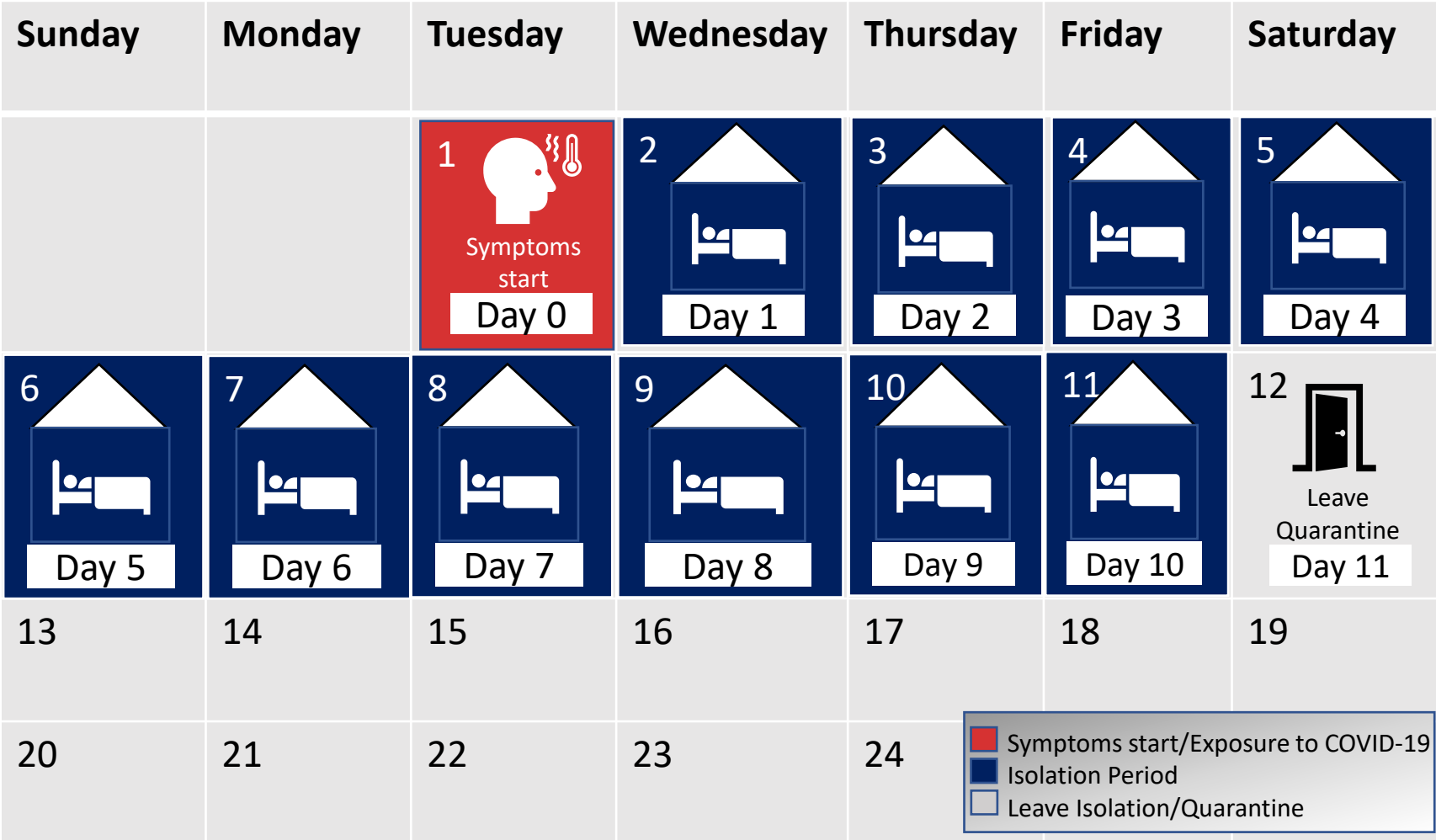
Those who test positive for COVID-19 must:

- Quarantine for 10 days from onset of symptoms date
- If no symptoms are present, quarantine for 10 days from positive test date

Example Positive Result: Mary develops cough and fever on January 1. Her symptoms have improved, and she does not have a weakened immune system. She must remain in quarantine through January 11. Mary leaves quarantine on January 12th.

Example Positive Result: Mary gets tested for COVID-19 on January 1 and receives a positive test result. She has no symptoms. She must remain in quarantine through January 11. Mary leaves quarantine on January 12th.

Disclaimer: For most accurate information on Quarantine End Date, please adhere to the instructions provided to you from the email received after completion of the Self-Report Form.



Direct Exposure Quarantine Protocol

All individuals who have been identified as Direct Contacts must quarantine

- Quarantine keeps someone who might have been exposed to the virus away from others.
- What counts as **Direct Contact**?
 - You were within 6 feet of someone who has COVID-19 for a total of 15 minutes within a 48 hour time-frame
 - You provided care at home to someone who is sick with COVID-19
 - You had direct physical contact with the person (hugged or kissed them)
 - You shared eating or drinking utensils
 - They sneezed, coughed, or somehow got respiratory droplets on you
- **As a Direct Contact, it is your responsibility to stay at home and quarantine for 14 days.**

Direct Exposure Quarantine Protocol

Options to reduce quarantine:

If you have been identified as a Direct Contact and are **asymptomatic**, please adhere to the following:

- Fill out a [self-report form](#)
- Quarantine for 10 days from your last date of contact
- Should you test after day 5 of quarantine, and receive a negative result, quarantine for 7 days from your last date of contact

Direct Exposure Quarantine Protocol

Example WITHOUT Testing:

Mark was last exposed on January 1 to his friend who had COVID-19. Mark has had NO symptoms and did NOT get testing for COVID-19. He must remain in quarantine through January 11. He may leave quarantine on January 12. Mark should continue to monitor symptoms closely through January 15.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Exposure Date Day 0	2  Day 1	3  Day 2	4  Day 3	5  Day 4
6  Day 5	7  Day 6	8  Day 7	9  Day 8	10  Day 9	11  Day 10	12  Leave Quarantine Day 11

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Direct Exposure Quarantine Protocol

Example WITHOUT Testing:

Mark was last exposed on January 1 to his friend who had COVID-19. Mark has symptoms and did NOT get testing for COVID-19. He must remain in quarantine through January 15. He may leave quarantine on January 16.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Exposure Date/Symptoms Begin Day 0	2  Day 1	3  Day 2	4  Day 3	5  Day 4
6  Day 5	7  Day 6	8  Day 7	9  Day 8	10  Day 9	11  Day 10	12  Day 11
13  Day 12	14  Day 13	15  Day 14	16  Leave Quarantine Day 15	17	18	19
20	21	22	23	24	25	26

Symptoms start/Exposure to COVID-19
 Isolation Period
 Leave Isolation/Quarantine

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Direct Exposure Quarantine Protocol

Example WITH Testing for COVID-19:

Mark was last exposed on January 1 to his friend who had COVID-19. Mark has had NO symptoms. Mark got tested for COVID-19 on January 6 (Day 5). He learned that his test results were negative. Mark's quarantine may end after 7 days. He may leave quarantine on January 9th.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Exposure Date Day 0	2  Day 1	3  Day 2	4  Day 3	5  Day 4
6 Tested for COVID-19 Day 5	7  Day 6	8  Day 7	9 May Leave Quarantine if Negative Test Within Last 48 Hours Day 8	10 Day 9	11 Day 10	12 Day 11

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Direct Exposure Quarantine Protocol

Example WITH Testing for COVID-19:

Mark was last exposed on January 1 to his friend who had COVID-19. Mark has symptoms. Mark got tested for COVID-19 on January 6 (Day 5). He learned test results were negative. He must remain in quarantine through January 15. He may leave quarantine on January 16.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Exposure Date/Symptoms Begin Day 0	2  Day 1	3  Day 2	4  Day 3	5  Day 4
6 Tested for COVID-19 Day 5	7  Day 6	8  Day 7	9  Day 8	10  Day 9	11  Day 10	12  Day 11
13  Day 12	14  Day 13	15  Day 14	16  Leave Quarantine Day 15	17	18	19
20	21	22	23	24	25	26

Symptoms start/Exposure to COVID-19
 Isolation Period
 Leave Isolation/Quarantine

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Non-Exposure Testing Quarantine Protocol

Those who test for COVID-19 must adhere to the following:

- If asymptomatic, there will be no requirement to quarantine unless instructed by a Medical Professional.
- If symptomatic and tested 24 hours after symptom onset, quarantine until 1 negative test is received.
- If symptomatic and tested less than 24 hours from symptom onset, quarantine until 2 negative tests are received.

Example *WITH* Testing, No Exposure:

Mary gets tested for COVID-19 on January 1. She has NO symptoms. She does not need to quarantine.

Example *WITH* Testing, No Exposure:

Mary gets tested for COVID-19 on January 1 at 9:00 a.m. She has symptoms. She will need to quarantine. She receives a negative test result on January 2 at 9:00 a.m. She will need to be tested again on January 2 at 9:00 a.m. or later. She receives a negative test on January 3. She may leave quarantine on January 3.