

COVID-19 Guidelines

<p>If you test positive for COVID-19 or are sick and suspect you have COVID-19 but do not yet have test results, regardless of your vaccination status or you have had a past COVID-19 infection</p>	<p><u>Isolate immediately for at least five days</u></p> <ul style="list-style-type: none"> • If you have NO symptoms, Day 0 is the day you were tested (not the day you received your positive test result). Day 1 of isolation is the first full day following the day you were tested. • If you have symptoms, Day 0 is the day of symptom onset, regardless of when you tested positive. Day 1 of isolation is the first full day after the day your symptoms started. • Ending isolation if you had symptoms: <ul style="list-style-type: none"> o End isolation after day five, if you're fever free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving. o If you had a moderate illness (shortness of breath or difficulty breathing) or severe illness (hospitalized due to COVID or have a weakened immune system), you need to isolate through Day 10. • <u>WEST CAMPUS ONLY:</u> According to Santa Clara County guidelines, you are required to have a negative test (Antigen/rapid test) after Day 5 through Day 10 before ending isolation. • Ending isolation if you did NOT have symptoms: <ul style="list-style-type: none"> o End isolation after Day 5. • After isolation, continue to take precautions through Day 10. Wear a well-fitted mask for 10 full days any time you are around others or in public. <p>https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html</p>
<p>If you were exposed to COVID-19 and are asymptomatic, regardless of vaccination status</p>	<p><u>No Quarantine: You don't need to stay home unless you develop symptoms.</u></p> <ul style="list-style-type: none"> • Take precautions as soon as you find out you were exposed; Day 1 is the first full day after your last exposure and continue precautions through Day 10. • Get tested at least five days after you last had contact with someone with COVID-19, even if you don't develop symptoms. • Even If you test negative after Day 5, continue taking precautions through Day 10. • Wear a well-fitted mask for 10 full days any time you're around others or in public. • Watch for symptoms up to 10 days after you last had close contact with someone with COVID-19. • If you develop symptoms, isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others. <p>https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html</p>