

Before and After COVID-19 Diagnostic Testing

Isolation and Quarantine Steps

There are several reasons why you may undergo a COVID-19 test: You have symptoms of possible infection, were in close contact with someone infected with COVID-19, or you are a student planning to live on campus. The directions below will guide you in next steps while awaiting diagnostic test results and after test results are available.

WHILE AWAITING TEST RESULTS:

1. If you have any COVID-19 symptoms*, then follow the isolation steps outlined below while you are waiting for results.

*COVID-19 symptoms include:

- Fever, chills, or repeated shaking/shivering
- Cough
- Sore throat
- Shortness of breath, difficulty breathing
- Feeling unusually weak or fatigued
- Loss of taste or smell
- Muscle pain
- Headache
- Runny or congested nose
- Diarrhea

If you have no symptoms but were the close contact of a person with COVID-19, then follow the quarantine steps outlined below while you are waiting for your test results.

*You are a close contact of a COVID-19 positive person if, from 48 hours before their symptoms began, the person with COVID-19:

- Lived or stayed overnight with you
- Took care of you or you took care of them
- Stayed within 6 feet of you for an extended duration (10 minutes) while they were not wearing a face mask
- Exposed you to direct contact with their body fluids or secretions (e.g., coughed or sneezed on you) while you were not wearing a face mask, gown, and gloves
- Was your intimate partner

3. If you do not have COVID-19 symptoms and are not a close contact, just wait for your test results. You do not need to follow isolation or quarantine steps. If you are a residential student, you will be required to remain in your residence hall until negative test results are provided.

AFTER YOU GET YOUR TEST RESULTS:

1. If you test positive, follow the isolation steps outlined below

2. If you test negative AND:

- You were not a close contact and have no COVID-19 symptoms, you can resume your regular activities.
- You were a close contact* of a COVID-19 positive person, continue to follow the quarantine steps.
- You were not a close contact but have COVID-19 symptoms*
 - If your healthcare provider thinks you have COVID-19, continue to follow the isolation steps outlined below.
 - If you are in close contact with a vulnerable person,** you should consider remaining in isolation for the entire isolation period, as described in isolation steps outlined below
 - Otherwise, follow isolation steps until your fever has been gone without taking fever-lowering medication and your symptoms have been improving, both for 72 hours.

**A vulnerable person is someone who is:

- Age 60 years or older
- Staying in a nursing home or long-term care facility
- Has asthma (moderate-to-severe)
- Has chronic lung disease
- Has diabetes (type 1, type 2, or gestational)
- Has serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathies, and pulmonary hypertension)
- Has high blood pressure
- Has chronic kidney disease being treated with dialysis
- Has severe obesity (body mass index of 40 or greater)
- Has chronic liver disease
- Immunocompromised (due to various conditions, including cancer treatment, bone marrow or organ transplantation, immune deficiencies, HIV with a low CD4 cell count or not on HIV treatment, and prolonged use of corticosteroids and other immune weakening medication)

GENERAL RESTRICTIONS AND INFORMATION FOR BOTH ISOLATION AND QUARANTINE

- Stay home/in the applicable residence hall room except to seek medical care.
- Do not come to work, attend in-person classes, or enter any public areas.
- Do not use public transportation, ride shares or taxis.
- Separate yourself from others in your home, especially people who are at higher risk of serious illness.
- Stay in a specific room and away from other people in your home as much as possible. Use a separate bathroom, if available.
- Do not prepare or serve food to others.
- Do not allow visitors into your home/residence hall.

PREVENT THE SPREAD:

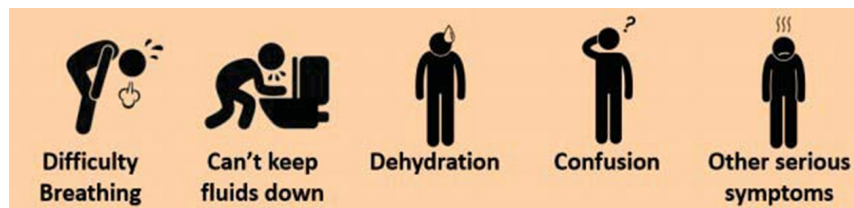
- Wear a face covering or mask if you are in the same room with others. If you are unable to wear a face covering or mask, others should wear a face covering or mask if they share or enter the room.
- Cover your coughs and sneezes. Cover your mouth and nose with a tissue or sneeze into your sleeve -- not into your hands -- then throw away the tissue into a lined trashcan and immediately wash hands.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds - especially after coughing, sneezing, or blowing your nose, or after going to the bathroom. Alcohol-based hand sanitizer with a minimum content of 60% alcohol can be used instead of soap and water if the hands are not visibly dirty.
- Do not share household items such as dishes, cups, utensils, towels, bedding with other people. After using these items, wash them thoroughly with soap and water. Laundry may be washed in a standard washing machine with warm water and detergent; bleach may be added but is not necessary.
- Clean and disinfect all "high-touch" surfaces every day (including counters, tabletops, doorknobs, faucets, toilets, phones, tv remotes, keys, keyboards), and especially any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions.

More info at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

PRACTICE SELF CARE:

- Rest and drink plenty of fluids. You may take acetaminophen (Tylenol®) to reduce fever and pain.
 - Note that medicines do not "cure" COVID-19 and do not stop you from spreading the virus.
- Seek medical care if your symptoms get worse, especially if you are at a higher risk of serious illness.

*Symptoms that indicate you should seek medical care include:



- If possible, call ahead before going to your doctor's office or hospital and tell them you are in Isolation for COVID-19 to prepare health care personnel for your arrival and protect others from getting infected.
 - Do not wait in any waiting rooms and do wear a face covering or mask at all times if possible.
 - Do not use public transportation.
 - If you call 911, first notify the dispatch and paramedics that you are under isolation for COVID-19.

Thank you for your cooperation in this important public health matter.