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, 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

2. 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.
   - Lived or stayed overnight with you
   - 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** 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
   - Has chronic kidney disease being treated with dialysis
   - Has severe obesity (body mass index of 40 or greater)
   - Has chronic liver disease
   - Has serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathies, and pulmonary hypertension)
   - Has high blood pressure
   - Has diabetes (type 1, type 2, or gestational)
   - Has asthma (moderate-to-severe)
   - Has chronic lung disease
   - Has HIV with a low CD4 cell count or not on HIV treatment, and prolonged use of corticosteroids and other immune weakening medication
   - Staying in a nursing home or long-term care facility
   - Has high blood pressure
1. If you have a test confirmation or a doctor’s diagnosis of COVID-19, your name and contact information will be shared with public health staff at the Connecticut Department of Public Health to help with contact investigation.

2. Someone from the Connecticut Department of Public Health, CCSU Contact Tracing or your local health department will call you and ask you for a list of people you have had close contact with while you were sick or just before you got sick.

3. A State of Connecticut contact tracer will only contact you for health matters related to COVID-19 and not for any other reason.

4. If you are awaiting test results, follow the isolation steps (below) until results arrive. If your results are negative, check with your doctor before you stop following the isolation steps.

### ISOLATION STEPS

If you have been diagnosed with COVID-19 or you are awaiting COVID-19 test results, you must follow these isolation steps to prevent the spread of disease.

Call CCSU Contact Tracing immediately. Stay home or in the designated Isolation Residence Hall until recovered.

- Most people with COVID-19 have mild illness and can recover at home. If you are 60 years or older or have a condition such as heart, lung, or kidney disease, diabetes, high blood pressure, or a weakened immune system, you are at higher risk of getting more seriously ill.
- Do not come to work or attend on-person classes or enter any public areas on campus.
- Stay home or in the designated isolation CCSU Residence Hall until recovered. Recovery means your fever has been gone for the past 72 hours without the use of fever-reducing medicine like acetaminophen (Tylenol) and your cough or difficulty breathing has improved, and it’s been at least 10 days after your first symptoms. If you had a positive COVID-19 test but never had symptoms, stay home/in the designated isolation CCSU Residence Hall for at least 10 days after the date of your test.

### QUARANTINE STEPS

If you live in a household with or had close contact with someone diagnosed with COVID-19 (including contact from 48 hours before that person had any symptoms, until they self-isolated) you must follow these quarantine steps. It can take up to 14 days to develop symptoms if you become infected with COVID-19.

Call CCSU Contact Tracing immediately. Stay home/in assigned quarantine residence hall room to see if you develop symptoms.

- You must stay home/in your assigned residence hall in quarantine for 14 full days after you were last in close contact with the person with COVID-19. Close contact is described in the column to the left.
- Check with your medical provider or seek COVID-19 diagnostic testing to confirm the diagnosis.
- If you are unable to avoid close contact with the person with COVID-19, you must stay in quarantine for 14 full days after the day that person completes their self-isolation. This is likely to be at least 24 days total.

### CLOSE CONTACTS

- People in your home, your roommate(s), your intimate partner(s), and people who take care of you or who you take care of are considered “close contacts.” Also considered close contacts are people you can identify who stayed within 6 feet of you for an extended duration while you were not wearing a face mask or who had direct contact with your body fluids or secretions while they were not wearing a face mask, gown, and gloves.
- If you have a test confirmation or doctor’s diagnosis of COVID-19, then everyone who you had close contact with from 48 hours before your symptoms began until you self-isolated, should follow the quarantine steps.

### WHAT IF YOU CAN’T SEPARATE YOURSELF FROM OTHERS?

- Anyone who continues to be in close contact with you must begin a new quarantine cycle of 14 full days after the last day that person had close contact with you or from the date that your isolation ends.

### IF YOU DEVELOP SYMPTOMS

- Call CCSU Contact Tracing immediately.
- COVID-19 symptoms include fever, chills, cough, shortness of breath, sore throat, runny nose, or muscle pain, headache, nausea, vomiting, diarrhea, or losing the sense of smell or taste.
- If you develop any of the above symptoms, and they are new symptoms that you don’t usually have in daily life, then you may have COVID-19 and you must follow the isolation steps.
- Monitor your symptoms closely and seek medical advice or medical care if symptoms worsen, especially if you are at a higher risk of serious illness.
- Check with your medical provider or seek COVID-19 diagnostic testing to confirm the diagnosis.
GENERAL RESTRICTIONS AND INFORMATION FOR THOSE IN 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 percent 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.


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:

- Difficulty Breathing
- Can’t keep fluids down
- Dehydration
- Confusion
- Other serious symptoms

• 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.