

Process for COVID-19 Isolation and Quarantine

The most up to date information from the CDPH, including isolation and quarantine recommendations can be found here: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCoV2019.aspx>

According to the CDC and CDPH, all eligible people are Strongly encouraged to get vaccinated or boosted

Definitions:

Isolation: separates those infected with a contagious disease from people who are not infected.

Quarantine: restricts the movement of persons who were exposed to a contagious disease in case they become infected. Quarantine individuals should limit interaction with others, maintain 6-foot distance, wear face coverings, work outside where possible, and speak to public health if they have questions.

Close Contact: individuals who have come into contact with a person with a known positive test result and both (a) have greater than 15 minutes of total exposure, and (b) maintain at less than 6-foot distance.

Face coverings are required indoors on FRC campus (and elsewhere in Plumas County at this time). See FAQs below for more information.

Persons Who Test <u>Positive</u> for COVID-19 (Isolation)	Recommended Actions
<ul style="list-style-type: none"> Everyone, regardless of vaccination status, previous infection or lack of symptoms. 	<ul style="list-style-type: none"> Stay home and away from others (isolate) for at least 5 days. Isolation can end after day 5 if fever-free for 24 hours without the use of fever-reducing medication, symptoms are not present or are resolving, and a negative COVID test is produced on day 5 or later. If unable to have a follow-up test or choosing not to, and symptoms are not present or are resolving, isolation can end after day 10. If fever is present, isolation should be continued until 24 hours after fever resolves. If symptoms, other than fever, are not resolving, continue to isolate until symptoms resolve or until after day 10. Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see section below on masking for additional information) <p>*Antigen test preferred</p>

<u>Asymptomatic Persons Who are Exposed to Someone with COVID-19 (NO Quarantine)</u>	Recommended Actions
<ul style="list-style-type: none"> • Everyone, regardless of vaccination status. • Persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from work unless symptoms develop. 	<ul style="list-style-type: none"> • Test within 3-5 days after last exposure. • Per CDPH guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information). • If symptoms develop, test and stay home • If test result is positive, follow isolation recommendations above (Table 1).
<u>All persons with COVID-19 symptoms regardless of vaccination status or previous infection</u>	Recommended Actions
<ul style="list-style-type: none"> • Everyone, regardless of vaccination status. 	<ul style="list-style-type: none"> • Isolate and test as soon as possible. • If negative, consider continuing self-isolation and retesting with an antigen or PCR test in 1-2 days with an antigen test, particularly if first test was during the first 1-2 days of symptoms. • If choosing not to test and symptoms persist, continue isolating for 10 days.

Any EMPLOYEE experiencing symptoms or who tests positive must stay home and notify their supervisor. Supervisors will notify Human Resources HR@frc.edu and Kevin Trutna for reporting requirements.

Any STUDENT experiencing symptoms or who tests positive must stay home and notify their instructors, coaches and the Covid Staff Specialist, Shane Kelso covidhealth@frc.edu and Valerie Campa, if an athlete. Valerie or Shane will liaise with Public Health as needed and help make arrangements for testing as needed.

If you think or know you had COVID-19, and had symptoms, you can return to campus after:

- 5 days since symptoms first appeared **and** a negative Covid test (antigen) is produced; **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

These recommendations **do not** apply to people with severe COVID-19 or with weakened immune systems (immunocompromised). In that case, contact healthcare provider for guidance.

Vaccine and Booster Information: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID-19-Vaccine-Boosters.aspx#>

Another helpful reference from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>