

## SWOCC COVID-19 Quick Resource Guide

### GUIDANCE TO PROVIDE STUDENTS OR STAFF IF THEY ARE COVID POSITIVE, EXPOSED TO A PERSON WHO IS POSITIVE, OR HAVE COVID SYMPTOMS

- If you are contacted by an employee or student regarding exposure to someone who has a positive case of COVID-19, or need assistance in determining appropriate protocols, have students or staff call one of the appropriate contacts below.
- If you are contacted by the local public health authority regarding a potential exposure, requirement to quarantine or isolate, students and staff should contact the appropriate contact below.
- **Exposure:** Being in close contact (within 6 feet for at least 15 minutes in a 24-hour period) with a person who has recently tested positive for COVID-19.
- **Close contact** is someone who was within 6 feet of an infected person for at least 15 minutes within a 24-hour period starting from 2 days before illness onset (or, for asymptomatic cases 2 days prior to positive specimen collection) until the time the patient is isolated.

#### COVID-19 Contacts:

1. Students in Housing: email or call [joseph.belter@socc.edu](mailto:joseph.belter@socc.edu) (7800)
2. Students NOT in Housing: email or call [jwhitey@socc.edu](mailto:jwhitey@socc.edu) (7402) **AND** [crichards@socc.edu](mailto:crichards@socc.edu) (7206)
3. Staff email or call: [Rachele.lyon@socc.edu](mailto:Rachele.lyon@socc.edu) (phone 7259)

#### Student notification requirements:

Students in Student Housing must notify Housing staff if they have been diagnosed with COVID-19 or had a positive COVID-19 test result, or have symptoms of COVID-19 and have been physically on-site at a SWOCC location or interacted in person with individuals outside their household as part of their SWOCC activities.

Students that do not live in Housing should contact one of their instructors, counselors or coach if they are on a SWOCC athletic team.

#### Employee notification requirements:

Employees must notify their supervisor or Human Resources if they have been diagnosed with COVID-19, if they have had a positive COVID-19 test result, or have symptoms of COVID-19 and have been physically on-site at a SWOCC location.

#### Calculating quarantine and isolation time:

DAY 0 = The date of your exposure, first day of symptoms, or date of positive test.

DAY 1 = The first full day after your last contact with a person who has had COVID-19 **OR**  
The first full day after your symptoms developed **OR**  
Your test was collected.

Stay home and away from other people for at least 5 full days.

#### UP TO DATE VACCINATION STATUS DEFINITION - Before deciding which option you need to follow below, first determine your vaccination status

Vaccination status	Definition
<b>Up to date</b>	Boosted, <b>OR</b> Completed the primary series of Pfizer or Moderna within the last <b>six months</b> or J&J within the <b>last two months</b>
<b>Not up to date</b>	Unvaccinated <b>OR</b> Not completed the primary series of any COVID-19 vaccine <b>OR</b> Completed the primary series of Pfizer or Moderna over six months ago or J&J over two months ago and not boosted

	<b>IF FULLY VACCINATED/UP TO DATE</b>	<b>IF NOT FULLY VACCINATED/UP TO DATE</b>
<b>Option 1</b>	<p><b>If experiencing COVID-19 symptoms</b>, you are required to:</p> <ul style="list-style-type: none"> <li>• Notify SWOCC (see notification section above).</li> <li>• Isolate for at least 5 full days until symptoms are resolved.</li> <li>• Getting tested is strongly recommended.</li> <li>• Avoid close contact with others.</li> <li>• Contact primary health care provider.</li> <li>• Follow all public health guidance.</li> </ul>	<p><b>If experiencing COVID-19 symptoms</b>, you are required to:</p> <ul style="list-style-type: none"> <li>• Notify SWOCC (see notification section above).</li> <li>• Isolate for at least 5 full days until symptoms are resolved.</li> <li>• Getting tested is strongly recommended.</li> <li>• Avoid close contact with others.</li> <li>• Contact primary health care provider.</li> <li>• Follow all public health guidance.</li> </ul>
<b>Option 2</b>	<p><b>If tested positive</b> for COVID-19 and are <b>symptomatic</b>, you are required to:</p> <ul style="list-style-type: none"> <li>• Notify SWOCC (see notification section above).</li> <li>• Isolate for at least 5 full days after onset of symptoms and until all symptoms are resolved (i.e., no fever for 24 hours without fever-reducing medications).</li> <li>• Wear a well-fitting mask around others for at least 10 days from the onset of symptoms.</li> </ul>	<p><b>If tested positive for COVID-19</b> and are <b>symptomatic</b>, you are required to:</p> <ul style="list-style-type: none"> <li>• Notify SWOCC (see notification section above).</li> <li>• Isolate for at least 5 full days after onset of symptoms and until all symptoms are resolved (i.e., no fever for 24 hours without fever-reducing medications).</li> <li>• Wear a well-fitting mask around others for at least 10 days from the onset of symptoms.</li> </ul>
<b>Option 3</b>	<p><b>If tested positive</b> for COVID-19 and are <b>asymptomatic</b>, you are required to:</p> <ul style="list-style-type: none"> <li>• Notify SWOCC (see notification section above).</li> <li>• Isolate for at least 5 full days (see calculation section above)</li> <li>• Wear a well-fitting mask around others for 10 days from the positive test.</li> </ul>	<p><b>If tested positive for COVID-19</b> and are <b>asymptomatic</b>, you are required to:</p> <ul style="list-style-type: none"> <li>• Notify SWOCC (see notification section above).</li> <li>• Isolate for at least 5 full days (see calculation section above)</li> <li>• Wear a well-fitting mask around others for 10 days from the positive test.</li> </ul>
<b>Option 4</b>	<p><b>If exposed</b> (close contact) to a confirmed or presumptive COVID-19 case, you are required to:</p> <ul style="list-style-type: none"> <li>• Not required to quarantine.</li> <li>• Monitor for symptoms for 10 days after the exposure.</li> <li>• Wear well-fitting masks around others for 10 days from the date of exposure.</li> <li>• Test on or after day 5, if possible</li> <li>• If you develop symptoms at any time, isolate immediately and getting tested is strongly recommended. Follow Option 1 above.</li> </ul>	<p><b>If exposed</b> (close contact) to a confirmed or presumptive COVID-19 case, you are required to:</p> <ul style="list-style-type: none"> <li>• Notify SWOCC (see notification section above).</li> <li>• Required to quarantine for at least 5 full days.</li> <li>• Monitor for symptoms for 10 days after the exposure.</li> <li>• Wear a well-fitting mask around others for 10 days from the date of exposure.</li> <li>• Test on or after day 5, if possible.</li> <li>• If you develop symptoms at any time, isolate immediately and getting tested is strongly recommended. Follow Option 1 above.</li> </ul>
<b>Option 5</b>	<p><b>If exposed</b> (close contact) to a confirmed or presumptive COVID-19 case and had COVID-19 in the previous 90 days:</p> <ul style="list-style-type: none"> <li>• Not required to quarantine.</li> <li>• Wear well-fitting masks around others for 10 days from the date of exposure.</li> <li>• Monitor for symptoms for 10 days after the exposure</li> <li>• If you develop symptoms at any time, isolate immediately and getting tested is strongly recommended. Follow Option 1 above</li> </ul>	<p><b>If exposed</b> (close contact) to a confirmed or presumptive COVID-19 case and had COVID-19 in the previous 90 days:</p> <ul style="list-style-type: none"> <li>• Not required to quarantine.</li> <li>• Wear well-fitting masks around others for 10 days from the date of exposure.</li> <li>• Monitor for symptoms for 10 days after the exposure</li> <li>• If you develop symptoms at any time, isolate immediately and getting tested is strongly recommended. Follow Option 1 above</li> </ul>