

COVID-19 Quarantine Guidance

EMPLOYEES

EXPOSURE?	SYMPTOMS?	VACCINATED?	GET TESTED?	QUARANTINE?	GO TO CAMPUS?	CONTACT WHO?
YES	NO	NO	YES	YES	NO	HR, Supervisor, PCP
YES	YES	NO	YES	YES	NO	HR, Supervisor, PCP
NO	YES	NO	YES	YES	NO	HR, Supervisor, PCP
YES	NO	YES	YES	NO	YES	HR, Supervisor, PCP
NO	YES	YES	YES	YES	NO	HR, Supervisor, PCP
YES	YES	YES	YES	YES	NO	HR, Supervisor, PCP

You may also click the following link for the CDC Guidance Flowchart [PowerPoint Presentation \(efsd.net\)](#)

Q. When are you considered fully vaccinated?

A. At least 2 weeks after last dose.

Q. What is PCP?

A. PCP is a Primary Care Physician.

Q. When should I get tested?

A. Fully vaccinated people should be tested 3-5 days following a known exposure to someone with suspected or confirmed COVID-19 and wear a mask in public indoor settings for 14 days or until they receive a negative test result; CDC recommends that anyone with any signs or symptoms of COVID-19 get tested, regardless of vaccination status or prior infection.

Q. How long should I quarantine?

A. Quarantine if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated. People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, fully vaccinated people should get tested 3-5 days after their exposure, even if

they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative. Follow the guidance of your PCP. *If unvaccinated, **household close contacts** should quarantine per the usual quarantine guidelines above. Their 10 day quarantine period begins after the last date of exposure to the household contact or after the case's isolation period ends if there is ongoing contact (but they should be quarantining the whole time starting when the household case tests positive, so the QT period can be quite long if there is ongoing contact).

Q. What is an exposure?

A. For COVID-19, a close contact (or exposure) is anyone who was within 6 feet of an infected person for a total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread COVID-19 starting from 2 days before they have any symptoms (or, if they are asymptomatic, 2 days before their specimen that tested positive was collected), until they meet the criteria for discontinuing home isolation.

Q. What are the symptoms?

A. Fever or chills; Cough; Shortness of breath or difficulty breathing; Fatigue; Muscle or body aches; Headache; New loss of taste or smell; Sore throat; Congestion or runny nose; Nausea or vomiting; Diarrhea

STUDENTS

EXPOSURE?	SYMPTOMS?	VACCINATED?	GET TESTED?	QUARANTINE?	GO TO CAMPUS?	CONTACT WHO?
YES	NO	NO	YES	YES	NO	Health Services, PCP, professors, coaches, RAs
YES	YES	NO	YES	YES	NO	Health Services, PCP, professors, coaches, RAs
NO	YES	NO	YES	YES	NO	Health Services, PCP, professors, coaches, RAs
YES	NO	YES	YES	NO	YES	Health Services, PCP, professors, coaches, RAs
NO	YES	YES	YES	YES	NO	Health Services, PCP, professors, coaches, RAs
YES	YES	YES	YES	YES	NO	Health Services, PCP, professors, coaches, RAs

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Q. When are you considered fully vaccinated?

A. At least 2 weeks after last dose.

Q. What is PCP?

A. PCP is a Primary Care Physician.

Q. How do I get in touch with Health Services?

A. Email hcs@carlow.edu or call 412.578.6474

Q. When should I get tested?

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What to do if you have symptoms or test positive for COVID-19.

Please use this information to guide you when you have symptoms or test positive for COVID-19.

Students

Carlow University strongly recommends that students use a self-screening module. All Students are encourage to use the CDC Self-Checker Tool if they suspect that they have contracted COVID-19, are experiencing symptoms, or have come in close contact with someone who has COVID-19. Anyone experiencing symptoms is expected to remain home, contact a primary care provider (PCP) or Health Services (hcs@carlow.edu), and notify their faculty. Any student testing positive for COVID-19 must notify and provide information to Health Services (hcs@carlow.edu).

Faculty/Staff

Employees that have COVID-19 [symptoms](#) (i.e., fever, cough, shortness of breath or any other symptom illustrated previously) or are ill with the virus without symptoms, should notify their Supervisor and Human Resources immediately. If employee, regardless of their vaccination status, develops symptoms, they should contact their primary care provider. Employees testing positive for COVID-19 must isolate for a minimum of 10 days. An employee regardless of their vaccination status, should not return until symptoms are gone and they have met the 10-day isolation period. We recommend employees also work with their Physicians for additional quarantine recommendations. Employees must contact their Supervisor and HR immediately for further follow up.

Employees that have no symptoms, but who have been in close contact with an individual with known or suspected COVID-19, should notify their Supervisor and Human Resources immediately. If employee is fully vaccinated and was in close contact, per the CDC, PA Dept. of Health, and Allegheny County Heath guidance, they are not required to quarantine after a known exposure unless they develop symptoms.

Returning to Work following COVID-19 Exposure or Illness

When a physician return-to-work statement is not obtainable, employees who have been in self-isolation (or self-quarantine) at home must complete the Return to Work Self Certification Form reporting that they have satisfied the CDC's criteria for **Discontinuation of Home Isolation** before returning to the workplace.

Employees hospitalized with the illness must provide documentation that they have satisfied the CDC's criteria to **Discontinue Transmission-based Precautions** before returning to work and when requested by Human Resources, provide additional information from their physician that they are completely recovered from COVID-19.

Reporting

Students, faculty, and staff are encouraged to self-report their test results to update the dashboard on the COVID-19 Webpage. Students should contact Health Services by [clicking here](#), calling 412-578-6474 or emailing hcs@carlow.edu. Faculty/Staff are asked to contact Human Resources by emailing HROffice@carlow.edu.

For more information related to COVID-19 please click the following link: [COVID-19 & You](#)

