



# Isolation and Exposure Guidance

**Asymptomatic** after exposure to an individual known to be positive for COVID-19; see [Understanding Exposure Risks, Aug 11, 2022](#)

Wear a well-fitting face mask for 10 full days when around people. Day 0 is the day of last exposure to someone with COVID-19. Day 1 is the first full day after your last exposure.

Test for COVID-19 at least 5 days after your last exposure to an individual known to be positive for COVID-19.

If you develop symptoms, isolate immediately, get tested; contact Health Services Division (HSD) or the Laboratory Shift Superintendent (LSS) if after hours, and notify your supervisor.

**TRAVEL:** Get tested at least 5 days after your last exposure to an individual known to be positive. Make sure your test result is negative and you remain without symptoms before traveling. If you don't get tested, avoid travel until a full 10 days after your last close contact with a person with COVID-19.

**Symptomatic** after exposure to an individual known to be positive for COVID-19

Stay at home; notify manager/supervisor; contact HSD. HSD will provide direction regarding testing, clearance to return to campus.

If you are sick/feel ill or have any symptoms that could be related to COVID-19, stay home, contact HSD (or LSS if after hours) for further instructions including testing; notify your supervisor.

**Tested Positive for COVID-19**

Notify your manager and HSD. HSD will provide direction regarding duration of isolation and clearance to return to campus. Do not travel for 10 full days.

**Extended close contact with an individual known to be positive for COVID-19**

Contact HSD. Duration of restriction or limitations are determined on a case-by-case basis.

Symptoms that can be associated with COVID-19 include 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.

Seek emergency medical attention by calling 911 or your local emergency facility if any of these or other symptoms appear severe or concerning to you: trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone.

Health Services can be reached at 865-574-7431.

Updated on August 21, 2022