



*We are relying on you
to keep us all healthy!*

COVID-19 and When to Return to Campus

Follow these guidelines when staying home and returning to Pine Technical and Community College Campus. To use this document, look for the best description (sections 1-5) of your current situation, then follow the guidelines for that section.

COVID-19 symptoms can include fever, cough, and shortness of breath, chills, headache, muscle pain, sore throat, fatigue, congestion, or loss of taste or smell. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea.

If someone you live with has COVID-19 or COVID-19 symptoms:

- ❖ FOR 14 DAYS, EVEN IF YOU TEST NEGATIVE FOR COVID-19:
 - Stay home as much as you can.
 - Stay apart from others.
 - Do not share anything that others touch: phone, knives, forks, etc.
- ❖ CONTACT YOUR SUPERVISOR OR INSTRUCTOR FOR GUIDANCE ON WORKING OR ATTENDING CLASS FROM HOME.
- ❖ IF YOU DO NOT GET SICK, GO BACK TO WORK/SCHOOL AFTER 14 DAYS.
- ❖ IF YOU GET SICK, CONTINUE TO STAY HOME AND FOLLOW THE INSTRUCTIONS BELOW FOR PEOPLE SO HAVE COVID-19 OR COVID-19 SYMPTOMS.

If you have COVID-19 or COVID-19 symptoms:

- ❖ STAY APART FROM OTHERS; DO NOT SHARE ANYTHING THAT OTHERS TOUCH (PHONES, KNIVES, FORKS, ETC.) WEAR A MASK IF YOU HAVE TO BE IN THE SAME ROOM WITH OTHERS; AND STAY HOME UNTIL ALL THREE OF THESE THINGS ARE TRUE:
 - ❖ It has been at least ten days since your symptoms first started, AND
 - ❖ You are fever-free for 24 hours, without using fever reducing medicine, AND
 - ❖ Your symptoms of COVID-19 are better.
- ❖ NOTE: YOU MAY NEED TO STAY HOME LONGER THAN 10 DAYS IF YOU HAVE CONDITIONS THAT WEAKEN YOUR IMMUNE SYSTEM OR YOU HAVE BEEN IN THE HOSPITAL. TALK TO YOUR DOCTOR OR CLINIC FOR INSTRUCTIONS.
- ❖ CONTACT YOUR SUPERVISOR OR INSTRUCTOR FOR GUIDANCE ON WORKING OR ATTENDING CLASS FROM HOME.
- ❖ WHEN YOU RETURN TO WORK, STAY AT LEAST 6 FEET FROM OTHERS, IF POSSIBLE, AND WEAR A MASK.

Information above has been taken directly from the Minnesota Department of Health.

