

COVID-19 Protocols – Spring 2024

- CDC COVID-19 Community Levels will be monitored and used as a guide for understanding the rate of infection to inform our considerations for mitigation measures.
- Testing remains an important tool to identify COVID-19, and employees and students are encouraged to test if they are experiencing symptoms or have been exposed to COVID-19. There are currently no plans for employees to engage in recurring testing. Some students may run into specific testing standards that they will need to comply with, for example, at healthcare clinical sites.
- There are no plans for a Minnesota State system-wide mask or face covering requirement. Institutions have the authority to implement local face covering policies as needed.
- The CDC provides guidance on isolation and quarantine. This guidance states individuals should isolate from others when they have COVID-19 or suspect they have COVID-19, regardless of vaccination status. The CDC now recommends that instead of quarantining, individuals who were exposed to COVID-19 should wear a mask for 10 days and get tested on day 6.

Have you been exposed to COVID-19?

- ✓ **Close contact or exposure:** Being close to someone who has COVID-19 for at least 15 minutes within 24 hours means you are a close contact and were exposed to COVID-19. However, it may be possible for COVID-19 to spread in less time or it may take longer.
- ✓ Wear a mask as soon as you find out you were exposed.
 - Day 0 is the day of your last exposure to someone with COVID-19.
 - Day 1 is the first full day after your last exposure.
- ✓ Continue precautions for 10 days. Watch for symptoms and continue to wear a high-quality mask.
- ✓ Get tested at least 5 full days after your last exposure. Test even if you don't develop symptoms.
 - If you test negative, continue taking precautions through day 10.
 - If you test positive, isolate immediately.

Have you tested positive for COVID-19?

Regardless of vaccination status, **you should isolate from others when you have COVID-19. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results.** If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.



IF YOU TEST
Negative

You can end your isolation



IF YOU TEST
Positive

Follow the full isolation
recommendations below

When you have COVID-19, isolation is counted in days, as follows:

If you had no symptoms

- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested
- If you develop symptoms within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**

If you had symptoms

- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
- **Day 1 is the first full day** after the day your symptoms started

Isolation

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home.

- ✓ Wear a high-quality mask
- ✓ Do not go places you are unable to wear a mask.
- ✓ Do not travel.

Ending Isolation

If you had no symptoms, you may end isolation after day 5

If you had symptoms, you may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of medication)
- Your symptoms are improving.

Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11. Remember to wear a high-quality mask when indoors around others at home and in public and not go places where you are unable to wear a mask until you are able to discontinue masking (see below), including public transportation and travel settings.

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

Removing your Mask

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving),

- Wear your mask through day 10.

OR

- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

Note: If your antigen test results are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

Reporting Illness Absences (including COVID-19), Remote Work/Classes, and Return to Campus

As with any illness, employees should notify their direct supervisor if they are ill and unable to come to work. If an employee tests positive for COVID-19 they need to follow CDC guidance for regarding care and returning to work. Supervisors will inform employees about the ability to perform mission-critical functions of their positions from a remote location. Mission-critical may be different dependent on position function and may fluctuate based on the current campus need. Currently there is not an approved COVID-19 leave; employees must use their accrued sick leave balance or work with the HR office regarding additional leave options.

Students who are ill should inform their faculty member(s) of their absence. Students who have tested positive for COVID-19 should inform their faculty member(s) of their need to be off campus and may request the ability to attend class or complete assignments remotely during the isolation period as able.

Any additional questions regarding COVID-19 protocols should be directed to Sharon Weaver, Chief Human Resources Officer at Sharon.Weaver.2@pine.edu.