

# IDMR COVID INFECTION GUIDELINES

## **If You Test Positive for COVID-19 (Isolate)**

Everyone, regardless of vaccination status.

- Stay home immediately and contact the local Covid team as soon as possible. Get antigen tested (or rapid) in 5 days after the onset of symptoms or positive test date.

**If fully vaccinated and/or boosted** (less than 6 months since your last injection): You may return to class in 7 days IF you have no symptoms AND your test was negative.

**If not fully vaccinated** (or it has been more than 6 months since your last injection): Stay home for 14 days. You may return IF you do not have any symptoms and your antigen test was negative. If your antigen test was positive then stay home for 14 days after that test.

*If you have a fever, continue to stay home until your fever resolves.*

## **If You Were Exposed to Someone with COVID-19 (Quarantine)**

**If fully vaccinated (2 doses Pfizer or Moderna within 6 months, JJ within 2 months) or boosted**

- You may continue to attend class. Wear a mask around others for 10 days.
- Test on day 5, if you test positive immediately isolate and report your results to the local Covid team
- If your exposure is someone that lives in your home you may return to class after testing negative on day 5 after exposure.

*If you develop symptoms get a test and stay home.*

**If not fully vaccinated (more than 6 months after both Pfizer or Moderna shots, or 2 months after JJ):**

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- Test on day 5, if you test positive immediately isolate and report your results to the local Covid team

*If you develop symptoms get a test and stay home*

## Travel Procedure

Upon returning to your local branch, it is strongly recommended to obtain testing prior to returning to class. Strict observance to the symptom checklist advised.

*Of course, if you develop symptoms get a test and stay home*

## Routine screening

It is recommended but NOT required to obtain regular testing, even if you are asymptomatic, every 1-2 weeks if possible.

### **Definitions:**

**Exposure:** 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.

**PCR test:** Preferred test for determining if you are infected or not

**Antigen(Rapid) test:** Preferred to determine if you are still infectious after a confirmed infection and necessary to return to class.