

# Isolation and Quarantine Protocols

The information about isolation and quarantine protocols is constantly updated as conditions change. The following information was updated August 11, 2021.

## **I am fully vaccinated, what do I need to know:**

” That new guidance recommends that fully vaccinated individuals:

- Wear a mask in public indoor settings if they are in an area of substantial or high transmission. (All Riverland campuses are currently in an area of substantial or high transmission, so face coverings are currently required in all indoor public spaces. We may apply to rescind this requirement if we return to a moderate or low transmission for 14 consecutive days.)
- Fully vaccinated people might choose to mask regardless of the level of transmission, particularly if they or someone in their household is immunocompromised or at increased risk for severe disease, or if someone in their household is unvaccinated. People who are at increased risk for severe disease include older adults and those who have certain medical conditions, such as diabetes, overweight or obesity, and heart conditions.
- Get tested if experiencing COVID-19 symptoms.
- Get 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 after exposure or until a negative test result. – **You do not need to quarantine unless you test positive.**
- Isolate if you have tested positive for COVID-19 in the prior 10 days or are experiencing COVID-19 symptoms- **Follow regular quarantine guidelines as before.**

## **Who needs to quarantine?**

- People with the following types of exposures need to quarantine **if they had not completed COVID-19 vaccination process** before the exposure occurred.
- People who were within 6 feet of someone contagious with COVID-19 for 15 minutes or more over the course of a day (24 hours).
- People who live in the same household as someone with COVID-19.
- People who had direct physical or intimate contact (e.g., kissing, hugging, other types of physical contact) with a person who was sick with COVID-19.
- People who provide care for a person who is sick with COVID-19 at home.
- People with direct exposure to respiratory droplets from a person contagious with COVID-19.
- If you were exposed and test positive to COVID-19.

## **How to quarantine**

- Stay home for 14 days after the exposure ended. This is the best strategy to minimize the spread of COVID-19 to others.
- Do not go to work, school, or any other place outside the home.
- Do not invite guests from outside your household into your home.
- In some specific situations, there may be options to shorten the quarantine period. Refer to the information below to reduce quarantine in specific situations.

**A shortened quarantine period may be considered if ALL of the following are true:**

- The person has NOT had symptoms of COVID-19 during the quarantine period.
- The person does NOT live with someone who has COVID-19.
- The person does NOT live or work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility.
- The person does NOT work in a health care facility.
- The person had a defined exposure, meaning a known exposure with a beginning and an end. Examples could be someone who was exposed:
  - At school or a sporting activity.
  - During a shift at work or while on break.
  - At a social gathering or event, like a party or funeral.

**If and only if all of the above conditions are true, quarantine may be shortened to:**

- 10 days without testing; or
- Seven days with a PCR-negative test (not an antigen test or antibody/blood test) if the test occurred on day five after exposure or later. After stopping quarantine:
- Wear a mask, stay 6 feet from others, wash hands, and avoid crowds or settings with people who are at risk of severe illness from COVID-19.
- Watch for symptoms until 14 days after exposure. If any symptoms occur, isolate from others right away and get tested.