Protocol After Possible High Risk COVID-19 Exposure
Winter 2022

**High Risk Exposure:** To be considered “high risk” individuals must meet one of the following criteria:

- Live with or care for a COVID-19 positive person
- Have direct physical contact with a COVID-19 case
- Have been coughed or sneezed on by an infected person
- Have been within six feet of a person with COVID-19, within the past 10 days, for a cumulative total of 15 minutes or more over a 24-hour period, starting two days before their symptom onset or testing date if no symptoms*

*Excluding Health Care Workers/Students caring for individuals in an official health care facility using proper PPE

If you meet the above criteria, please complete the GRCC COVID Reporting TILE found in your Online Center or send an email to COVIDHealthScreeningTeam@grcc.edu A member of the team will follow up with specific questions and instructions.

**DO YOU HAVE SYMPTOMS?**

**YES:** Contact your Primary Healthcare Provider and get tested.

*Stay at home in isolation until test result is received.*

If you test positive for COVID-19, everyone, regardless of vaccinations status, must isolate for 5 days.

**POSITIVE TEST RESULT with symptoms:** Stay home in isolation, even if fully vaccinated

Individuals may return to campus after all criteria below are met:

1. At least 24 hours of no fever without use of fever reducing medications (ie. Tylenol®, Motrin®, etc.)
2. Symptoms have significantly improved
3. It has been at least 5 days from the initial start of symptoms
4. Continue to wear a mask around others for 5 additional days

**FOLLOWING A HIGH-RISK EXPOSURE: IF YOU DO NOT HAVE SYMPTOMS or TEST NEGATIVE or DO NOT TEST:** (Quarantine guide)

**If you:**

- Received the COVID Booster Shot
  
  **OR**

- Completed the primary series of Pfizer or Moderna vaccines **within** the last 5 months
  
  **OR**

- Received the J&J vaccine **within** the last 2 months

- Had COVID within the past 90 days

**You do not need to quarantine**

- Wear a mask around others for 10 days.
- If you live with a COVID positive person(s), you must wear a mask for 15 days and avoid removing it to eat or drink when around others
- Test on day 5 if possible
- If you develop symptoms get a test and stay home until a negative test confirms symptoms are not from COVID

**If you:**

- Completed the primary series of Pfizer or Moderna vaccine **over** 5 months ago AND are not boosted
  
  **OR**

- Received the J&J vaccine **over** 2 months ago AND are not boosted
  
  **OR**

- Are unvaccinated

**Stay home for 5 days and continue to wear a mask around others for 5 additional days.**

- If you live with a COVID positive person(s), you must quarantine through their isolation period plus an additional 5 days, followed by wearing a mask for an additional 5 days and avoid removing it to eat or drink when around others
- Test on day 5 of your quarantine period, if possible
- If you develop symptoms get a test and stay home until a Negative test confirms symptoms are not from COVID

Notification Procedures for students and employees:

1. Follow normal absence reporting procedures and notify faculty members or supervisor of quarantine or isolation requirement
2. Health screeners will track all employee and student exposures.

In accordance with CDC and Kent County Health Department guidance: Updated 1/12/22