**Protocol After Possible High Risk COVID-19 Exposure**

- **High Risk Exposure** - In order to be considered “high risk” individuals must meet one of the following criteria:
  - Living with or caring for a COVID-19 positive person
  - Have direct physical contact with a COVID-19 case (e.g. shaking hands)
  - 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 2 days before their illness onset or their testing date if no symptoms.

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

### DO YOU HAVE SYMPTOMS?

**YES:** Contact your Primary Healthcare Provider (HCP) and get tested 3-5 days after exposure.

**Pending Test Result – Stay at home in isolation until test result is received**

- **POSITIVE TEST RESULT with symptoms:** Stay home in isolation even if fully vaccinated (Two weeks after final dose)
  - Individuals may return to class/campus after:
    1. At least 24 hours of no fever without use of fever reducing medications (i.e. Tylenol®, Motrin®, etc.)
    2. Symptoms have significantly improved
    3. It has been at least 10 days from the initial start of symptoms.

- **NEGATIVE TEST RESULT with symptoms:** Stay home in quarantine whether vaccinated or not. Individuals can return to class/campus after:
  1. Self-quarantined for 10 days from time of last known exposure (Do not leave the house unless absolutely necessary) and self-monitor for symptoms for 14 days. Contact your Healthcare Provider if needed.
    a. **If living with COVID-19 positive person, you must stay home:**
       i. while that person is waiting for their test results and while they are in isolation-10 days
       ii. for 10 days after last exposure to house member; self-monitoring for symptoms -14 days.

### NOT TESTED:

**Vaccinated or not:** Stay at home in isolation and follow steps - POSITIVE TEST RESULT

### NO:

**No Symptoms:** following exposure:

1. Fully Vaccinated individuals and those who had COVID within previous 3 months and are fully recovered, do not need to quarantine if not having symptoms.
2. Unvaccinated individuals must self-quarantine a minimum of 10 days from time of last exposure (Do not leave home unless absolutely necessary) and continue to self-monitor for symptoms for 14 days.
   a. **If living with COVID-19 positive person, you must stay home:**
      i. while that person is waiting for their test results and while they are in isolation-10 days
      ii. for 10 days after last exposure to house member; self-monitoring for symptoms -14 days.
3. If symptoms develop, contact your Primary Healthcare Provider, get tested, and follow **YES** guide above
4. If symptom free after 10 days, individual may return to campus, while continuing to monitor for symptoms for another 4 days. Recommended to test negative before returning to normal activities.

*In accordance with CDC and Kent County Health Department guidance updated 08/31/2021

**Notification Procedures for students and employees:**

1. Follow normal absence reporting procedures and notify faculty member(s) or supervisor of quarantine requirement.
2. Self-report high-risk exposure by completing the Covid Reporting Form in the online center or sending an email to COVIDHealthScreeningTeam@grrc.edu. A member of the team will follow up with specific questions and instructions.
3. Health screeners will track all employee and student exposures.

Fall 2021_8/31/21_UPDATE