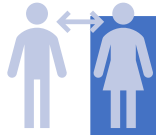


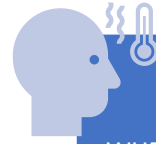
## TRINITY COVID GUIDELINES FOR SUMMER 22

Follow the directions according to your current situation. See additional information for detailed explanations.



### CLOSE CONTACT

- **COUNTING EXPOSURE DAYS**
  - Calculate how many days since your last exposure to the positive COVID case
  - 24 hours after your last exposure = Day 1.
- **WHEN TO TEST**
  - if **asymptomatic** test 5 days after exposure
  - if **symptomatic** test immediately and again on day 5
- **WHEN TO QUARANTINE**
  - if you are not **fully immunized**, you will need to quarantine up to 5 days after your exposure
- **NEXT STEPS AFTER QUARANTINE.**
  - If your day 5 test is negative, and you are asymptomatic, return to normal activities on day 6
  - you must mask for 5 more days
  - social distance for 5 more days
  - monitor for symptoms for 5 more days
  - if your day 5 test is negative and you have symptoms, proceed to the next column for further instructions.



### SYMPTOMS

- **WHEN TO TEST**
  - if you have any COVID symptoms, take a COVID test as soon as possible
  - If you get a negative result, consider retesting in 2 days. Especially if your symptoms are not improved
  - if you have been in close contact and you have symptoms, discuss with your supervisor if you can work from home until you retest.
- **WHEN CAN YOU RETURN TO CAMPUS ACTIVITIES**
  - Remain off campus until you do not have a fever (without the use of medication) for at least 24 hours, and if you have an uncontrolled cough
  - When you return to campus, wear a well-fitting mask until your symptoms are resolved
- **WHAT IF YOU TEST POSITIVE FOR COVID**
  - Proceed to next column for further instructions



### POSITIVE COVID TEST

- **WHEN TO ISOLATE**
  - if you test positive, begin isolation for at least five days
- **WHEN CAN YOU RETURN TO CAMPUS ACTIVITIES**
  - After 5 days from the positive test
    - AND if you are feeling significantly better
    - AND you do not have an uncontrolled cough
    - AND you have not had a fever for more than 24 hours without the use of fever reducing medication)
  - then you can return to campus
  - If symptoms persist, retest to assure that you are no longer contagious before returning to campus
  - If you are negative and you meet the criteria above you can return
  - If you are positive, retest in 1 -2 days until you receive a negative test result
- **NEXT STEPS AFTER ISOLATION**
  - Wear a well-fitting mask for 5 more days whenever you are with others
  - Remain 6 ft. away from others and avoid crowds

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## *Additional Information*

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*In this section:*

- *General Information regarding managing COVID on campus during Summer 2022.*
- *Testing for COVID*
- *Close Contact and exposure*
- *Counting exposure and isolation days.*
- *Asymptomatic vs. Symptoms of COVID*
- *Fully immunized vs. Not fully immunized*
- *How to Quarantine and when to return to campus*
- *How to Isolate and when to return to campus*

For the duration of May through July, the COVID Response Team (aka COVIDCare) and the COVID Testing Center will not be available. Do not fill out the COVID intake forms.

However, the Omicron variant is currently on the rise in the community. To protect your colleagues, friends, and family, it is very important to **continue to monitor for COVID-19 and respond appropriately.** The guidelines above and details below were created to assist you and or your supervisor to independently navigate how to respond to symptoms of or testing positive for COVID-19. Please note that test to return protocols are based on our experience managing COVID at Trinity customized to our own context.

Have a blessed and restful June and July,

*Alice Gottschalk*

Campus Health Coordinator

## TESTING for COVID

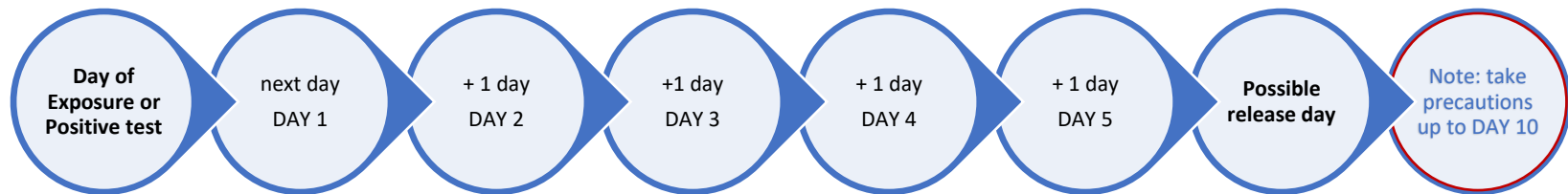
- You can test at any testing site in your area or use an at home test.
  - You can order free at home tests at [COVID.gov/tests - Free at-home COVID-19 tests](https://www.covid.gov/tests)
  - Illinois Department of Public Health (IDPH) provides free testing at numerous sites around the state. Go to [Get Tested – University of Illinois SHIELD \(shieldillinois.com\)](https://www.gettested.com) for testing locations near you.
  
- Trinity is currently receiving free at home tests from IDPH. However, we are required to keep an inventory log. Completing this form will help us to track our inventory so that we can continue to get a supply from IDPH. Click the link below to be connected to student life staff, who will get a kit ready for you to pick up.

### [At home COVID test kit](#)

You are considered a **CLOSE CONTACT** and **EXPOSED** if the following is true.

- You were within 6 ft. for at least 15 minutes (cumulative over 24 hours) of a person who tested positive for COVID.
- AND you were with this person in the 2 days prior to their symptom onset or a positive COVID test result.

## HOW TO COUNT EXPOSURE AND ISOLATION DAYS



- Consider the date of your exposure to a person who has tested positive for COVID or the day you tested positive. The next day is considered day 1.
  - Ex. If you tested positive at 5pm on Sunday, you have completed day 1 at the end of Monday.
- If you are COVID positive, isolate for 5 full days with a possible release date on day 6.
  - Ex. You test positive on Sunday, your 5-day isolation is through Friday, with a possible release date on Saturday.

- If you are exposed to COVID and not fully vaccinated, quarantine starts on the day of your last known close contact. If you learn of your exposure 2 days after your last contact with a positive case, your release date will still be 6 days after the exposure.  
  
Ex. You are in close contact and exposed on Friday and you are not fully immunized (see below). You learn on Sunday night that your close contact tested positive on Sunday morning. Your date of exposure is Friday, your 5-day quarantine goes through Wednesday, with a possible release day of Thursday.
- Isolation begins on the day of your positive test. After the 5 days, you may return to campus activities if your symptoms are improving, you do not have an uncontrolled cough and you have not had a fever (without the use of over-the-counter fever reducing meds) for at least 24 hours.

**ASYMPTOMATIC**, or being without any symptoms does not mean you do not have COVID. You may be early in the infection process and have not yet developed symptoms (pre-symptomatic) or you may have COVID and never get symptoms (asymptomatic.) Studies have indicated ~ 40% of positive cases are asymptomatic and that asymptomatic Omicron infections may be higher.

**SYMPTOMS of COVID**, can be subtle or mimic allergies, a cold or the flu. Resist the temptation to self-diagnose. Consider any of the following COVID symptoms. *Those listed in red are the most common symptoms we have seen since the emergence of the Omicron variant.*

- Cough
- Sore throat
- Congestion or runny nose
- Shortness of breath or difficulty breathing
- Headache
- Fever or chills
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea.

You are **FULLY IMMUNIZED** if any of the following are true:

- You have received a 2<sup>nd</sup> dose of the Pfizer or Moderna vaccine > 2weeks ago and < 5months ago.
- You have received a J&J vaccine > 2weeks ago and < 2months ago. (Due to the short effectiveness of this vaccine, it is not recommended.)
- You received a booster dose.
- You have tested positive for COVID-19 within the last 90 days.

You are **NOT FULLY IMMUNIZED** if any of the following are true.

- You are Unvaccinated
- You received a Pfizer and Moderna (2 shot series) vaccine less than 2 weeks ago or more than 5 months ago.
- You received a J&J (1 shot) vaccine was less than 2 weeks ago or more than 2 months ago.
- You have not received a Booster dose after 5 months from the Pfizer or Moderna vaccines or 2 months after the J&J vaccines.

**QUARANTINE** is necessary if you have been exposed to COVID-19 and are not fully immunized.

- If you are a student resident sharing a room, contact Campus Safety and ask to be connected to Residence Life staff.
- If you live off campus, do not return to campus until you have completed quarantine (see below for quarantine length).
- If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.
- Avoid people who have [weakened immune systems](#) or [are more likely to get very sick](#) from COVID-19, and nursing homes and other high-risk settings, until after at least 10 days.
- Do not travel.
- If you must leave your home do not go to places where you are unable to wear a mask and avoid eating around others at home until after 10 days from your last close contact.

#### **HOW LONG TO QUARANTINE**

- Follow the guidelines for How to Count Quarantine Days above.
- On Day 5 retest for COVID.
  - If you are negative and do not have symptoms, you can return on Day 6.
  - If you are negative and are having symptoms, continue to stay home and retest ~ 24 hours later. If your 2<sup>nd</sup> test is negative, your next steps are determined by how your symptoms have progressed.
    - If your symptoms are worsening or if you have a temperature (>100.0), cannot control your cough or sneezing, you should stay home and retest the next day.
    - If your symptoms are improving and you test negative, you can return to work.
    - If your symptoms are about the same, and you are negative, you need to discuss with your supervisor if you are feeling well enough to return to work.
  - If you are positive, follow the instructions for ISOLATION.

**AFTER QUARANTINE** precautions are still needed because you still may develop COVID.

For the next 5 days

- Wear a mask on campus.
- Continue to monitor symptoms. If symptoms emerge follow the appropriate guidelines.
- Continue to avoid crowds, at risk (for severe illness) friends and family, and travel.

**ISOLATION** is used to separate people with confirmed (with or without symptoms) COVID-19 from those without COVID. People who are in isolation should stay home until it's safe for them to be around others.

- If you are a student resident sharing a room, contact Campus Safety to be connected with Residence Life Staff.
- People in isolation should stay in a specific "sick room" or area and use a separate bathroom if available.
- Do not share towels, cups, and separate personal hygiene products. Because you will be unmasked, do not eat in the presence of others.
- If it is absolutely necessary to be with others, you should wear a well-fitting mask.
- Everyone who has presumed or confirmed COVID-19 should stay home and isolate from other people for at least 5 full days from the day of the positive test.

### **HOW LONG TO ISOLATE**

- Follow the guidelines of for Counting Isolation Days above.
- Because everyone will have their own response to COVID it is important that you continue to self-evaluate your symptoms.
- On Day 6 you can return to campus IF you meet the following criteria.
  - You are feeling significantly better and most of your symptoms are resolving.
  - AND you do not have an uncontrolled cough.
  - AND you have not had a fever for more than 24 hours (without the use of fever reducing medication.)
  - Then you can return to campus.
  - On Day 6 if you do not meet the criteria because your symptoms continue, retest to assure that you are no longer contagious before returning to campus
    - If you are negative and you do not have a fever or an uncontrolled cough you may return to campus.
    - If you are positive, retest in 1 -2 days until you receive a negative test result

**AFTER ISOLATION** precautions are needed because there is a small chance you still may be contagious.

For the next 5 days

- Wear a well-fitting mask for 5 more days whenever you are with others even in your home.
- Remain 6 ft. away from others in all settings.
- Avoid crowds, at risk (for severe illness) friends and family, and travel.
- If symptoms reemerge, retest, and follow symptomatic instructions.