

SCC acknowledges the public health distinctions between isolation and quarantine. For the sake of brevity and clarity, this protocol will use “quarantine” to mean both. **Employees and students should not be on campus if they have symptoms or their situation meets criteria below that indicate they should quarantine.*** Symptoms are listed below.

SCC uses the CDC definition for exposure to mean being within 6 feet of person(s) with COVID-19 for a cumulative 15 minutes or longer in a 24-hour period. The day of exposure is day 0 and the next day is day 1. **CDC recommends as best practice to get tested at day 5 after exposure.**

If you have symptoms, quarantine unless a negative test confirms the symptoms are not attributable to COVID-19. If your test is positive, continue to stay home while you have symptoms.

Quarantine for 5 days followed by 5 more days of wearing a mask around other people if:

- you have a positive test but no symptoms or your symptoms are resolving (no fever for 24 hours)
- you were exposed to COVID-19, if unvaccinated
- you were exposed to COVID-19, if it has been more than 6 months after Pfizer or Moderna second dose (more than 2 months after J&J dose) and you have not had a booster

Wear a mask around others for 10 days but do not quarantine if:

- you have had a negative test result but have symptoms
- you were exposed to COVID-19 but have had a booster
- you were exposed to COVID-19 but it is less than 6 months after Pfizer or Moderna second dose or less than 2 months after J&J dose

Symptoms may appear 2-14 days after exposure to the virus. This list does not include all possible symptoms.

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

References

<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

* Clinical work-based learning may differ.

Updated 31Dec2021