



# QUARANTINE and ISOLATION Process

[www.cpp.edu/saferreturn](http://www.cpp.edu/saferreturn)

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## **Confirmed Positive Test – Isolation Procedures**

You are considered to have COVID-19, if you have a positive diagnostic viral (swab or saliva) test for COVID-19 and/or a healthcare provider thinks that you have COVID-19.

1. If you have symptoms, regardless of vaccination status, you are required to isolate until:
  - a. At least 10 days have passed since your symptoms first started **and**
  - b. Have had no fever for at least 24 hours (without the use of fever-reducing medicine) **and**
  - c. Your symptoms have improved.
2. If you tested positive for COVID-19 but never had any symptoms (asymptomatic):
  - a. You must isolate for 10 days after the test was taken.
  - b. If you develop symptoms, you need to follow the instructions above
3. All students and employees who **have symptoms** and a **close contact** exposure, will be required to isolate for 10 days and test (as directed by The Safer Return Incident Investigation Team).

*Additional resource:*

<http://publichealth.lacounty.gov/acd/docs/InformationForPatientsWithCOVID19Summary.pdf>

## **Close Contact\* Exposure to a Confirmed Positive Case – Quarantine and Testing Procedures**

1. As long as unvaccinated students and employees do not develop symptoms they are required to quarantine and may leave quarantine either:
  - a. **After Day 10**, OR
  - b. **After Day 7 if they get a test after Day 5 and it is negative.** The test must be an FDA-approved viral COVID-19 test that is collected and performed in a healthcare setting or certified testing site.
2. Fully vaccinated Employees **without symptoms** with a close contact will not need to quarantine. They may continue to come to campus and participate in in-person activities as long as they are consistently and correctly masked and remain asymptomatic.

*Additional resource:*

[http://publichealth.lacounty.gov/acd/docs/InformationForExposedPersonsCOVID19\\_Summary.pdf](http://publichealth.lacounty.gov/acd/docs/InformationForExposedPersonsCOVID19_Summary.pdf)

**Asymptomatic students who are FULLY VACCINATED and who are a close contact of a confirmed COVID-19 case may undergo a modified quarantine under certain conditions.**

They should test 3 to 5 days following the date of last exposure. Until the student receives a negative test result, they must adhere to modified quarantine for the full 10 days outlined below:

- If they live on campus, they will be encouraged to go home if appropriate, or may be relocated and must remain in quarantine on campus except to attend on-campus classes and academic activities. Students may only attend academic activities if they consistently and correctly wear provided mask and remain asymptomatic. Arrangements will be made by housing staff as directed by the Safer Return Incident Investigation Team.
- They are not allowed to participate in on- or off-campus social activities until they receive a negative test result or have completed modified quarantine for the full 10 days. This includes attending or playing in sporting events, team practices and training, or competitions.
- If they live off campus, they should remain in their residence and may leave their residence only to go to and from their classes and other on-campus academic activities if they are consistently and correctly masked and remain asymptomatic. They are not allowed to participate in on- or off-campus social activities until they receive a negative test result or have completed modified quarantine for the full 10 days. This includes attending or playing in sporting events, team practices and training, or competitions.
- While on modified quarantine, the student should not go to any indoor public- or community- setting that is off-campus, such as restaurants, bars, markets and offices among others, nor attend any outdoor gathering off-campus.
- If the student declines to test, they must follow this modified quarantine for 10 days after their date of exposure and continue to monitor their symptoms.
- If the student receives a negative test result from a specimen collected 3 to 5 days after their exposure, they are released from the modified quarantine at that time.
- If the student receives a positive COVID-19 test result OR develops symptoms at any point within 14 days of their last exposure, they must immediately isolate and follow Public Health's Home Isolation Guidance.
- Asymptomatic students who are fully vaccinated AND who are a close contact of a confirmed COVID19 case are exempt from modified quarantine if they test negative for COVID-19 for 5 consecutive days after the date of last exposure.

**Symptomatic Student or Employee WITHOUT Close Contact Exposure (Regardless of Vaccination Status)**

**If a student or employee reports new and unexpected symptoms: Fever (at or over 100.4 F or 38C), chills, cough, shortness of breath/difficulty breathing, sore throat, loss of taste or smell, muscle aches or body aches, vomiting or diarrhea they will need to do the following:**

- Isolate until at least 10 days have passed since symptoms first started **and** have had no fever for at least 24 hours (without the use of fever-reducing medicine) **and** symptoms have improved.  
**Or**
- Isolate until all symptoms have fully resolved and test negative via a PCR test (in this case isolation can end prior to the 10 days)

### **Definitions**

**Asymptomatic:** Someone who is *asymptomatic* has the infection but no symptoms.

**Close contact:** A “close contact” is any of the following people who were exposed to you while you were infectious\*:

- a. Any person who was within 6 feet of you for a total of 15 minutes or more over a 24-hour period
- b. Any person who had unprotected contact with your body fluids and/or secretions. For example, you coughed or sneezed on them, you shared utensils, a cup, or saliva with them, or they cared for you without wearing appropriate protective equipment.

*\*You are considered to be infectious (you can spread COVID-19 to others) from 2 days before your symptoms first appeared until your home isolation ends. If you tested positive for COVID-19 but never had any symptoms, you are considered to be infectious from 2 days before your test was taken until 10 days after your test.*

**Isolation:** Separates sick people with a contagious disease from people who are not sick.

**Quarantine:** Separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.