

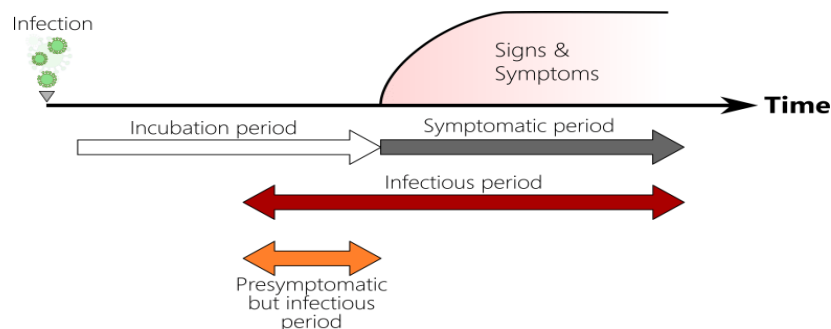


COVID-19 Guidance for the USJ Community

COVID-19 Terms Defined

Infectious period: The time during which someone is able to transmit the virus to other people.

- Symptomatic people with a positive COVID test result are considered to be infectious from 2 days before symptom onset until 10 days after symptom onset.
- Asymptomatic people with a positive COVID test result are considered to be infectious at least 10 days after taking the COVID test.
- People are most infectious on day 1 of symptoms.
- Symptoms can appear 2-14 days after exposure to the virus (this time period is also called the **Incubation period**).
- Symptoms can last 10-14 days or more; contagion lessens with time.



Ian M Mackay for virologydownunder.com
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Case: Someone who has a positive COVID-19 test result and is to isolate.

- **Isolation** begins the day of onset of symptoms and ends 10 days after the start of symptoms until symptoms are improving and there is no fever for 24 hours without fever-reducing medications.
- For asymptomatic people, isolation begins the date of the positive COVID test (date specimen was collected) and ends after 10 days.

Contact: Someone who has had contact with a case during the case's infectious period and is to quarantine.

- Generally, a contact is identified as having been within 6 feet for 15 minutes or more or having been in direct contact with a positive case during the case's infectious period.
- **Quarantine** ends 14 days after exposure to a case; contact should monitor for development of COVID symptoms; a negative COVID test does not mean there is no infection and does not remove the need for quarantine.



Frequently Asked Questions – Students

What do I do if I have COVID symptoms or a positive COVID test?

- **All Students (Undergraduate, Graduate Doctoral):**
 - Do not attend on-campus classes or clinical/student teaching experiences and limit contact with others until further direction from Student Health Services.
 - If you have difficulty breathing or shortness of breath, seek medical attention immediately.
 - Contact Student Health Services:
 - Phone: 860.231.5530
 - Email: SHSnurse@usj.edu
 - *Students in Clinical and Student Teachers:*
 - You may inform your university supervisor that you will be absent from clinical/student teaching until further notice for a medical reason. The USJ Contact Tracing Team is able to provide verification for the absence if needed.
 - If you have a positive COVID test, a member of the USJ Contact Tracing Team will call you to identify contacts with potential exposure on and off campus.

What do I do if I was around someone (direct contact or within 6 feet for 15 minutes or more) with someone with COVID symptoms someone who has a positive COVID test?

- **All Students (Undergraduate, Graduate, Doctoral):**
 - Do not attend on-campus classes or clinical/student teaching experiences and limit contact with others until further direction from Student Health Services.
 - Contact Student Health Services:
 - Phone: 860.231.5530
 - Email: SHSnurse@usj.edu

If I was around someone at USJ who has a positive COVID test, will I be informed?

- USJ's Contact Tracing Team is responsible identifying contacts who were exposed.
- The Contact Tracing Team calls contacts to inform them of their exposure to a positive case and provides ongoing support for contacts during quarantine.



What happens if my roommate/suitemate has a positive COVID test?

- Your roommate or suitemate should connect with Student Health Services as soon as possible and limit contact with others until further direction from Student Health Services.
- A contact is defined as someone who was within 6 feet for 15 minutes or more or direct contact with a positive case. Generally, roommates and suitemates of a positive case are considered contacts.
- If you are identified as a contact of the positive case, you will be called by the Contact Tracing Team for ongoing support and symptom monitoring during quarantine.

What happens during quarantine?

- People who have been in contact (generally, within 6 feet for 15 minutes or more or in direct contact) with a positive case are to quarantine for 14 days from the last time of exposure and monitor for COVID symptoms.
- Quarantine means limiting all contact with others, including the use of your own restroom.
- Residential students are able to quarantine on campus as space allows.
- Students may quarantine at home if they so choose.
- The USJ Contact Tracing Team provides ongoing support and daily symptom monitoring for students in quarantine. Daily monitoring can occur via phone or an online form.
- Students will also receive monitoring from Student Health Services.
- The USJ Contact Tracing Team will refer students to Counseling and Wellness, as appropriate.

What happens during isolation?

- Isolation begins the day of onset of symptoms and ends 10 days after the start of symptoms until symptoms are improving and there is no fever for 24 hours without fever-reducing medications.
- For asymptomatic people, isolation begins the date of the positive COVID test (date specimen was collected) and ends after 10 days.
- Isolation means limiting all contact with others, including the use of your own restroom.
- Residential students are able to isolate on campus as space allows.
- Students may isolate at home if they so choose.
- The USJ Contact Tracing Team provides ongoing support and daily symptom monitoring for students in isolation. Daily monitoring can occur via phone or an online form.
- Students will also receive monitoring from Student Health Services.
- The USJ Contact Tracing Team will refer students to Counseling and Wellness, as appropriate.



Can someone “test out” of quarantine? Specifically, if a contact of a positive case tests negative, do they still have to quarantine?

- As the COVID test measures infection, not exposure, the test will not show up as positive unless and until there is an infection, which can develop 2-14 days after exposure to the virus.
- Because the infection can take 2-14 days to develop after exposure to the virus, contacts of positive cases are to quarantine for 14 days, regardless of receiving a negative COVID test.

If someone in my class or my professor has a positive COVID test, does the entire class need to quarantine?

- Contacts of a positive case need to quarantine.
- A contact is defined as someone who was within 6 feet for 15 minutes or more or direct contact with a positive case.
- Contacts of cases at USJ will be called by the Contact Tracing Team.

What if I have to quarantine/isolate, but I have courses to attend?

- It is expected that students will be able to access most or all of their courses remotely, however some labs and other courses might have limitations for remote access.
- Students are advised to email their faculty members to request remote access.

What if I have to quarantine/isolate, but I have clinical/student teaching to attend?

- It is expected that departments will work to accommodate student absences due to isolation/quarantine to the fullest extent of their ability.
- Many departments and external placements are able to offer make-up hours, while others might have limitations.
- Students are advised to email their USJ supervisors to request an arrangement for make-up hours.



FAQs and Resources for Students in Quarantine/Isolation on Campus

How do I get food in quarantine/isolation?

- Meal delivery will be arranged by Student Affairs.

Are my peers/family members able to bring things for me in quarantine/isolation?

- Yes; your peers or family members are able to leave items for you with Residential Life staff. A Residential Life staff member will be able to drop the items off for you at your door.

What if I run out of a personal item (e.g., shampoo) during quarantine/isolation?

- You may ask a peer or family member to drop off the personal item for you with Residential Life staff. A Residential Life staff member will be able to drop your personal item off at your door.
- You may purchase items from the USJ Spirit Shop and ask a peer to pick up the items for you and drop them off with Residential Life staff. You may order online here: [USJ Spirit Shop](#)

What if I develop symptoms or my symptoms become worse during quarantine/isolation?

- You should contact Student Health Services to report a change in symptoms.
 - Phone: 860.231.5530
 - Email: SHS_nurse@usj.edu
- If you have difficulty breathing or shortness of breath, seek medical attention immediately.



Frequently Asked Questions – Faculty & Staff

If a student in my class has a positive COVID test, will I be notified and does the entire class need to quarantine?

- Contacts of a positive case need to quarantine.
- A contact is defined as someone who was within 6 feet for 15 minutes or more or direct contact with a positive case.
- Student contacts of cases at USJ will be called by the Contact Tracing Team. If a faculty or staff member is identified as a contact, they will be called by Human Resources.

If a student in my class informs me they have a positive COVID test or COVID symptoms, what should my student do and who do I notify?

- Contact Student Health Services:
 - Phone: 860.231.5530
 - Email: SHSNurse@usj.edu
- The student should not attend on-campus classes or clinical/student teaching experiences and limit contact with others until further direction from Student Health Services.

If a student in my clinical/student teaching experience has a positive COVID test or COVID symptoms, what should my student do and who do I notify?

- Contact Student Health Services:
 - Phone: 860.231.5530
 - Email: SHSNurse@usj.edu
- The student should not attend on-campus classes or clinical/student teaching experiences and limit contact with others until further direction from Student Health Services.
- If there are identified contacts at the off-campus site, the USJ Contact Tracing Team will connect with the academic department to obtain contact information for the clinical site.

What happens if a student in my class needs to isolate or quarantine?

- Students in isolation or quarantine due to COVID are advised to inform their faculty members of the need to access courses remotely.



If I was in direct contact or within 6 feet for 15 minutes or more with a USJ student or employee who has a positive COVID test, will I be informed?

- USJ's Contact Tracing Team is responsible identifying contacts who were exposed to a positive student case.
- Student contacts of cases at USJ will be called by the Contact Tracing Team. If a faculty or staff member is identified as a contact, they will be called by Human Resources.

What do I do if I know I was around someone (direct contact or within 6 feet for 15 minutes or more) with someone with COVID symptoms someone who has a positive COVID test?

- Limit contact with others and obtain guidance from your medical provider.
- Inform and consult with Human Resources.

Center for Disease Control FAQs

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#:~:text=Yes.%20You%20should%20still,to%20COVID%2D19.>