

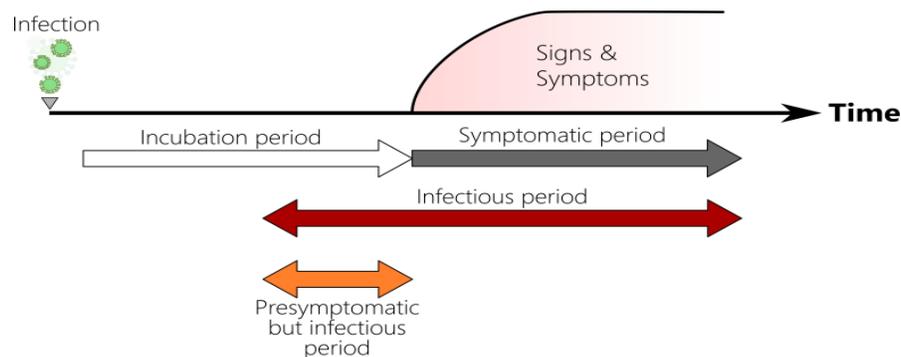


COVID-19 Guidance for the USJ Community

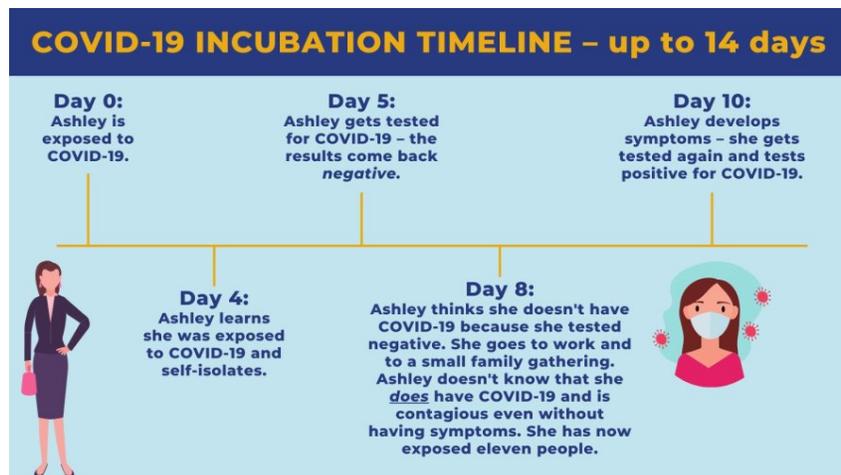
COVID-19 Terms Defined

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 the date of symptom onset until 10 days after the date of symptom onset.
- Asymptomatic people with a positive COVID test result are considered to be infectious at least 10 days after the date of 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; the contagion lessens with time.



Ian M Mackay for virologydownunder.com
Created: 10MAR2020



New Mexico Dept. of Health



Positive Case: Someone who has a positive COVID-19 test result and is to isolate.

- **Isolation** means limiting all contact with others, including the use of your own restroom.
- Isolation begins the date of onset of symptoms and continues for 10 days or more.
- Isolation may end if 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 continues for 10 days or more.
- Students may not leave isolation and return to campus until they are cleared and released by Student Health Services, even if the tentative date of release has been reached.

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

- Consistent with current CDC guidelines, "close contact" for risk of COVID-19 exposure includes any of the following forms of contact with someone who has COVID-19:
 - Within 6 feet of each other for a cumulative total 15 minutes or more over a 24-hour period,
 - Direct physical contact (e.g., hugging, kissing),
 - Shared eating or drinking utensils,
 - Sneezed on, coughed on, or somehow got respiratory droplets on them from an infected individual.
- **Quarantine** means limiting all contact with others, including the use of your own restroom.
- Quarantine may continue for 10-14 days after date of exposure to a positive case.
- The 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.
- Students may not leave quarantine and return to campus until they are cleared and released by Student Health Services, even if the tentative date of release has been reached.
- Students or employees who have tested positive within the past 90 days may not need to quarantine if subsequently exposed to a positive case. This must be evaluated and confirmed by Student Health Services or Human Resources.



Guidance for All Students (Undergraduate, Graduate, Doctoral)

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

- If you have difficulty breathing or shortness of breath, seek medical attention immediately.
- **Contact Student Health Services right away:**
 - **Phone: 860.231.5251**
 - **Email: SHS_nurse@usj.edu**
- Do not attend on-campus classes or clinical/student teaching experiences and limit contact with others until further direction from Student Health Services.
- 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 or Student Health Services 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 USJ individuals with potential exposure.

What do I do if I was in close contact with someone with COVID symptoms or someone who has a positive COVID test?

- **Contact Student Health Services right away:**
 - **Phone: 860.231.5251**
 - **Email: SHS_nurse@usj.edu**
- Do not attend on-campus classes or clinical/student teaching experiences and limit contact with others until further direction from Student Health Services.

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

- **Your roommate or suitemate should contact Student Health Services right away and limit contact with others until further direction from Student Health Services.**
 - **Phone: 860.231.5251**
 - **Email: SHS_nurse@usj.edu**
- A close contact is defined as someone who was within 6 feet of a positive case for a cumulative total 15 minutes or more over a 24-hour period or who has had direct contact with a positive case. Generally, roommates and suitemates of a positive case are considered close contacts.
- If you are identified as a contact of a positive case, you will be notified by Student Health Services or the Contact Tracing Team. These entities will provide ongoing support and symptom monitoring during quarantine.



What happens during isolation?

- Isolation means limiting all contact with others, including the use of your own restroom.
- Isolation begins the date of onset of symptoms and continues for 10 days or more.
- Isolation may end if 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 continues for 10 days or more.
- Students may not leave isolation and return to campus until they are cleared and released by Student Health Services, even if the tentative date of release has been reached.
- Residential students are able to isolate on campus as space allows or at home if preferred.
- 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.

What happens during quarantine?

- Quarantine means limiting all contact with others, including the use of your own restroom.
- People who have been in close contact (within 6 feet of a positive case for a cumulative total 15 minutes or more over a 24-hour period or direct contact) with a positive case are to quarantine for 10-14 days after the last date and time of exposure and monitor for COVID symptoms.
- Students must contact Student Health Services for evaluation and further instructions if symptoms develop.
- Quarantine may continue for 10-14 days after date of exposure to a positive case.
- Students may not leave quarantine and return to campus until they are cleared and released by Student Health Services, even if the tentative date of release has been reached.
- Residential students are able to quarantine on campus as space allows or at home if preferred.
- 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.

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

- A close contact is defined as someone who was within 6 feet of a positive case for a cumulative total 15 minutes or more over a 24-hour period or who has had direct contact with a positive case.
- If you are identified as a contact of a positive case, you will be notified by Student Health Services or the Contact Tracing Team. These entities will provide ongoing support and symptom monitoring during quarantine.



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 10-14 days.
- In select cases, a contact may be released after 7 days with a negative result from a PCR test taken after Day 5 of quarantine. This practice is discouraged since individuals must leave quarantine to get tested and results may not be obtained prior to the date of original release.

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 close contact is defined as someone who was within 6 feet of a positive case for a cumulative total 15 minutes or more over a 24-hour period or who has had direct contact with a positive case.
- If you are identified as a contact of a positive case, you will be notified by Student Health Services or the Contact Tracing Team. These entities will provide ongoing support and symptom monitoring during quarantine.

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.
- Should students in isolation or quarantine need absence verification sent to faculty members, the student may inform the USJ Contact Tracing Team.

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.
- Should students in isolation or quarantine need absence verification sent to faculty members, the student may inform the USJ Contact Tracing Team.



Guidance 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: 860.231.5251
 - Email: SHS_nurse@usj.edu
- If you have difficulty breathing or shortness of breath, seek medical attention immediately.



Guidance for Employees

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 close contact is defined as someone who was within 6 feet of a positive case for a cumulative total 15 minutes or more over a 24-hour period or who has had direct contact with a positive case.
- Student contacts of cases at USJ will be called by Student Health Services or the USJ 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 whom do I notify?

- **Contact Student Health Services:**
 - **Phone: 860.231.5251**
 - **Email: SHS_nurse@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 whom do I notify?

- **Contact Student Health Services:**
 - **Phone: 860.231.5251**
 - **Email: SHS_nurse@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.
- Students in isolation or quarantine may also request absence notifications to their faculty.



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If I was in direct contact or within 6 feet of a positive case for a cumulative total 15 minutes or more over a 24-hour period with a student or employee who has a positive COVID test, will I be informed?

- Human Resources is responsible for identifying employees who are close contacts of a positive case.
- 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 (was in direct contact or within 6 feet of a positive case for a cumulative total 15 minutes or more over a 24-hour period) 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>