



Procedures for Exposure (Close Contact) to COVID-19 or Symptomatic Individuals (Not Positive)

Individuals who are exposed to the virus no longer need to quarantine regardless of their vaccination status, although other precautions are required as outlined below. If you are sick with flu-like symptoms, respiratory symptoms, or unexplained fever, avoid contact with others and get tested immediately (this may require you to quarantine until you receive test results).

Individual Status	Instructions
<p>Asymptomatic (No Symptoms) – I had close contact with a confirmed COVID positive individual and have no symptoms.</p>	<p>Requirements for ALL students and employees regardless of vaccination status, previous infection, or lack of symptoms.</p> <p>Start precautions immediately.</p> <ul style="list-style-type: none"> • Wear a well-fitting KN95 or equivalent as soon as you learn you were exposed. Do not go to places where you are unable to wear a well-fitting mask. Continue wearing a mask for 10 full days. Start counting from day 1. <ul style="list-style-type: none"> ○ Day 0 is the day of your last exposure. ○ Day 1 is the first full day after your last exposure. • Take care to limit contact with others as much as possible through day 10. <ul style="list-style-type: none"> ○ Avoid scenarios where use of a mask is not possible (i.e., eating and drinking in indoor public spaces). • Get tested at least 5 days after (on day 6) you last had close contact with someone with COVID-19. <ul style="list-style-type: none"> <i>If you are unable to obtain an ART test on your own:</i> <ul style="list-style-type: none"> ○ Students – You can obtain a take home test (ART) from the University Health Center (during business hours) or from Public Safety (24-hours). ○ Employees – You can obtain a take home test (ART) from Public Safety. ○ Marin Students and Employees – You can obtain a take home test (ART) from administrative support in Montgomery Hall. <i>PCR Testing:</i> <ul style="list-style-type: none"> ○ Viral/PCR tests can be scheduled at various locations, including local pharmacies - https://www.redlands.edu/urready/getting-tested/ • If you develop symptoms, follow the instructions in the next section. <p>IF YOU TEST POSITIVE, immediately complete a reporting form and follow the Isolation Procedures available online at: https://www.redlands.edu/urready/confirmed-positive-test/</p> <p>IF YOU TEST Negative, continue taking precautions through day 10. You can still develop COVID-19 up to 10 days after you have been exposed.</p>

Individual Status	Instructions
	<ul style="list-style-type: none"> • Continue to wear a KN95 or equivalent mask when around others for 10 days from date of testing. • Watch for symptoms until 10 days after you last had close contact with someone with COVID-19. • Get tested again at day 11.
<p>Symptomatic - I had close contact with a confirmed COVID positive individual, and I have symptoms.</p> <p><i>Symptoms</i></p> <ul style="list-style-type: none"> • Fever or chills (100.4°F or greater) • Cough • Fatigue • Muscle and body aches • Headache • Sore throat • Diarrhea • Congestion or runny nose • Nausea or vomiting • Loss of taste/smell • Shortness of breath 	<p>Requirements for ALL symptomatic students and employees regardless of vaccination status or previous infection.</p> <p>Get tested immediately. If you are unable to obtain an ART test on your own, take-home tests are available at:</p> <ul style="list-style-type: none"> • Students – The University Health Center (during business hours) or Public Safety (24-hours). • Employees – Public Safety (24-hours). • Marin Students and Employees – Administrative support in Montgomery Hall. • Viral/PCR tests can be scheduled at various locations, including local pharmacies. <p>Start precautions immediately.</p> <ul style="list-style-type: none"> • Take care to limit contact with others as much as possible through day 10. This may require you to quarantine until you receive test results. • Wear a well-fitting KN95 or equivalent as soon as you learn you were exposed. Continue wearing a mask for 10 full days. Start counting from day 1. <ul style="list-style-type: none"> ○ Do not go to places where you are unable to wear a well-fitting mask ○ Avoid scenarios where use of a mask is not possible (i.e., eating and drinking in indoor public spaces). <p>IF YOU TEST POSITIVE, immediately complete a reporting form and follow the Isolation Procedures available online at: https://www.redlands.edu/urready/confirmed-positive-test/</p> <p>IF YOU TEST Negative, continue taking precautions through day 10. You can still develop COVID-19 up to 10 days after you have been exposed. Get tested again on day 11.</p>

CONTACT INFORMATION

Employees:

If you have further questions, call Public Safety at (909) 748-8888 and a case manager will reach out within one business day. If you submit a form outside of normal business hours or on a weekend, please avoid all contact with others until a case manager contacts you.

Students:

If you have further questions, call Student Affairs at (909) 748-8053 weekdays between the hours of 8:00AM and 5:00PM. After hours and weekends, contact Public Safety at (909) 748-8888.

COVID EXPOSURE AND/OR SYMPTOMATIC ONLINE RESOURCES:

<https://www.redlands.edu/covidexposed>