



## Isolation Procedures for Confirmed Positive COVID-19 Test (Viral/PCR or Rapid Antigen Test/ART)

If you have tested **POSITIVE** for COVID-19, please report your positive case via the [reporting form](#) and follow the instructions below.

Immediate Actions	
I have a <b>confirmed</b> positive COVID-19 test (Antigen Rapid Test (ART) or PCR).	<p>Requirements for ALL students and employees regardless of vaccination status, previous infection, or lack of symptoms.</p> <p>Isolate for <b>at least</b> 5 days from the date of testing and/or onset of symptoms (You are likely most infectious during these first 5 days.)</p> <ul style="list-style-type: none"><li>• Do not attend in-person classes, report for work, visit any campus locations, or have in-person interactions with others.</li><li>• Wear a KN95 or equivalent mask if you need to be around others for 10 days from date of testing or onset of symptoms.</li><li>• Do not share personal items, like cups, towels, and utensils.</li><li>• Do not travel.</li></ul>
After 5-Day Isolation	
Asymptomatic or Symptoms Improving	<ul style="list-style-type: none"><li>• You may discontinue isolation period after day 5 and resume normal activities if:<ul style="list-style-type: none"><li>○ You are fever-free for 24 hours (without the use of fever-reducing medication)</li><li>○ Your symptoms are improving (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation)</li></ul></li><li>• Wear a KN95 or equivalent mask around others through day 10 (this is a requirement to return to campus).<ul style="list-style-type: none"><li>○ With two sequential negative ART tests 48 hours apart, you may remove your mask sooner than day 10.</li></ul></li><li>• Take care to limit contact with others as much as possible through day 10.<ul style="list-style-type: none"><li>○ Avoid scenarios where use of a mask is not possible (i.e., eating and drinking in indoor public spaces).</li></ul></li></ul> <p><b>Note:</b> If you take an ART test and the results are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking ART tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.</p>

Symptomatic ( <i>Symptoms are NOT improving after 5 days</i> )	<ul style="list-style-type: none"> <li>Continue isolation until your symptoms have improved. You can end isolation and resume normal activities if: <ul style="list-style-type: none"> <li>You are fever-free for 24 hours (without the use of fever-reducing medication)</li> <li>Your symptoms are improving (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation)</li> </ul> </li> <li>Take care to limit contact with others to the extent possible for 10 days after symptom onset and/or date of positive test.</li> <li>Wear KN95 or equivalent mask for 10 days when around others (this is a requirement to return to campus).</li> <li>For persons with moderate illness (you experienced shortness of breath or had difficulty breathing) or severe illness (you were hospitalized) you need to isolate through day 10.</li> <li>For persons with long-lasting illness, return to work/class will require a consultation with your medical professional if symptoms do not improve after 10 days.</li> </ul>
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## CALCULATING ISOLATION

IF YOU HAD <b>NO</b> SYMPTOMS	IF YOU HAD SYMPTOMS
<ul style="list-style-type: none"> <li><b>Day 0 is the day you were tested</b> (not the day you received your result).</li> <li><b>Day 1 is the first full day</b> following the day you tested positive.</li> <li>If you develop symptoms within 10 days of when you were tested, the <b>clock restarts at day 0 on the day of symptom onset.</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Day 0 of isolation is the day of symptom onset</b>, regardless of when you tested positive.</li> <li><b>Day 1 is the first full day</b> after the day your symptoms started.</li> </ul>

After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

## 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.

## CONFIRMED POSITIVE CASE ONLINE RESOURCES:

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