

Guidance for Students and Employees Who Self-Report Cases or Exposures to COVID-19

Situation	Action	Return	
<p>I think or know I have COVID-19, and I have symptoms.</p> <p>(Regardless of vaccine or prior infection status.)</p>	<p>Stay home. Complete Self-Report Form. Notify your instructors/ supervisor of your absence.</p>	<ul style="list-style-type: none"> Stay off campus for 7 days. The 7-day count begins with your first symptoms or when you took your test, whichever came first. If you have no symptoms or your symptoms are resolving after 7 days, you may return to campus. Continue to wear a mask around others for 3 additional days. <p><i>If you have a fever, continue to stay home until your fever resolves.</i></p> <p>Note: CDC recommends 5 days of isolation. COM is maintaining a 7-day isolation at this time.</p>	
<p>I tested positive for COVID-19 but have no symptoms.</p> <p>(Regardless of vaccine or prior infection status.)</p>	<p>Stay home. Complete Self-Report Form. Notify your instructors/ supervisor of your absence.</p>	<p>If you continue to have no symptoms:</p> <ul style="list-style-type: none"> Stay off campus for 7 days. The 7-day count begins with your first symptoms or when you took your test, whichever came first. Continue to wear a mask around others for 3 additional days. <p><i>If you develop symptoms after testing positive, follow guidance for I have Covid-19, and I have symptoms</i></p> <p>Note: CDC recommends 5 days of isolation. COM is maintaining a 7-day isolation at this time.</p>	
<p>I have symptoms that might be COVID-19.</p>	<p>Stay home. Complete Self-Report Form. Notify your instructors/ supervisor of your absence.</p>	<p>If possible, get a test* for COVID-19.</p> <ul style="list-style-type: none"> Remain off campus until you receive your test results. If Negative, you may return to campus as soon as your symptoms permit you to return to work. Do not return to work until at least 24 hours have passed after a fever. If Positive, follow guidance above for I have Covid-19, and I have symptoms. <p>If you cannot test for COVID-19, you will be considered positive and handled according to guidance above.</p>	
<p>I have had recent close contact* with a person who has/had COVID-19.</p> <p>*Close contact = 15 or more minutes within 6 feet of someone who has COVID-19.</p> <p>*Recent means within the last 10 days.</p>	<p>Stay home and wait for further instructions. Complete Self-Report Form. Notify your instructors/supervisor if you will be absent. Protect yourself.</p>	<p>If you:</p>	
		<p>Are unvaccinated, or</p>	<p>If you continue to show no symptoms:</p> <ul style="list-style-type: none"> Return to campus after 5 days of self-quarantine, with an additional 5 days of rigorous masking. Test* on day 5 if possible.
		<p>Completed 2 doses of Moderna or Pfizer over 6 mos ago and are not boosted, or</p>	<p><i>If you develop symptoms or test positive, please self-report and follow the appropriate guidance above.</i></p>
		<p>Had a single dose of J&J more than 2 months ago</p>	
		<p>Received a booster, or</p>	<p>If you continue to show no symptoms:</p> <ul style="list-style-type: none"> Return to campus immediately with rigorous, consistent mask use for 10 days. Test* on day 5 if possible.
		<p>Completed 2 doses of Moderna or Pfizer less than 6 mos ago, or</p>	<p><i>If you develop symptoms or test positive, please self-report and follow the appropriate guidance above.</i></p>
		<p>Completed 1 dose of J&J vaccine within the last 2 months, or</p>	
<p>Had lab confirmed* COVID -19 illness within the last 90 days AND recovered.</p>			

*Test must be molecular test (PCR or NAAT).