

Process for COVID-19 Isolation and Quarantine

The most up to date guidance from the CDPH can be found here:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

Definitions:

Isolation: separates those infected with a contagious disease from people who are not infected.

Quarantine: restricts the movement of persons who were exposed to a contagious disease in case they become infected. Quarantine individuals should limit interaction with others, maintain 6-foot distance, wear face coverings, work outside where possible, and speak to public health if they have questions.

Close Contact: individuals who have come into contact with a person with a known positive test result and both (a) have greater than 15 minutes of total exposure, and (b) maintain at less than 6-foot distance.

Face coverings are required indoors on FRC campus (and elsewhere in Plumas County at this time). See FAQs below for more information.

Persons Who Test Positive for COVID-19 (Isolation)	Recommended Action
<ul style="list-style-type: none"> Everyone, regardless of vaccination status, previous infection or lack of symptoms. 	<ul style="list-style-type: none"> Stay home and away from others (isolate) for at least 5 days. Isolation can end after day 5 if symptoms are not present or are resolving and a negative COVID test is produced on day 5 or later. If unable to have a follow-up test or choosing not to, and symptoms are not present or are resolving, isolation can end after day 10. If fever is present, isolation should continue until fever resolves. If symptoms, other than fever, are not resolving, continue to isolate until symptoms resolve or until after day 10. Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see section below on masking for additional information) <p>*Antigen test preferred</p>

Persons Who are Exposed to Someone with COVID-19 (Quarantine)	Recommended Action
<ul style="list-style-type: none"> Unvaccinated**; OR Vaccinated and booster-eligible** but have not yet received their booster dose; OR Persons previously infected with SARS-CoV-2, including within the last 90 days. <p>(See Appendix for definition of booster-eligible)</p>	<ul style="list-style-type: none"> Stay home for at least 5 days, after your last contact with a person who has COVID-19. Test on day 5. Quarantine can end after day 5 if symptoms are not present and a COVID test on day 5 or later is negative. If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10. Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information) If positive, follow isolation recommendations above. If symptoms develop, test and stay home.

Persons Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Action
<ul style="list-style-type: none"> Boosted; OR Vaccinated, but not yet booster-eligible. <p>(See Appendix for definition of booster-eligible)</p>	<ul style="list-style-type: none"> Test on day 5. Wear a well-fitting mask around others for 10 days, especially in indoor settings (see section below on masking for additional information) If positive, follow isolation recommendations above. If symptoms develop, test and stay home.

Any EMPLOYEE experiencing symptoms or who tests positive must stay home and notify their supervisor. Supervisors will notify David Burris for reporting requirements.

Any STUDENT experiencing symptoms or who tests positive must stay home and notify their instructors, coaches and the Covid Staff Specialist, Anita Glib (ext. 363 or covidhealth@frc.edu) or Valerie Campa (athletes). Valerie or Anita will liaise with Public Health as needed.

If you think or know you had COVID-19, and had symptoms, you can return to campus after:

- 5 days since symptoms first appeared **and** a negative Covid test (antigen) is produced; **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

These recommendations **do not** apply to people with severe COVID-19 or with weakened immune systems (immunocompromised). In that case, contact healthcare provider for guidance.

Appendix: California COVID-19 Vaccines Booster Recommendations

COVID-19 vaccine	Primary vaccination series	When does a person becomes booster-eligible	Which vaccine booster dose to receive
Moderna or Pfizer	1st and 2nd doses	6 months after 2nd dose	Any of the COVID-19 vaccines authorized in the United States may be used for the booster dose, but either Moderna or Pfizer are preferred.
Johnson and Johnson	1st dose	2 months after 1st dose	Any of the COVID-19 vaccines authorized in the United States may be used for the booster dose, but either Moderna or Pfizer are preferred.
World Health Organization (WHO) emergency use listing COVID-19 vaccine	All recommended doses	6 months after getting all recommended doses	Single booster dose of Pfizer COVID-19 vaccine
A mix and match series composed of any combination of FDA-approved, FDA authorized, or WHO-EUL COVID19 vaccines	All recommended doses	6 months after getting all recommended doses	Single booster dose of Pfizer COVID-19 vaccine

Another reference from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>