

# RESPONSIBLE RAIDERS

## What to do if you tested positive for COVID-19

### Isolate

You must isolate yourself from others. If you live within 250 miles of campus and are well enough to travel, you must go home for your isolation period. If you live too far from campus, you will be moved into isolation housing on campus. Do not go to class, to church, to the store, or to any gathering. As much as possible stay 6 feet away from people in your home so you do not continue to expose them to the virus. Wash your hands frequently. Wipe down commonly touched surfaces in your home frequently. You may go outside for fresh air and exercise but must stay more than 6 feet away from others at all times.

- **If you have symptoms, you must isolate at home until you have met ALL 3 of these criteria:**
  - ✓ At least 10 days have passed since your symptoms started
  - ✓ At least 24 hours with no fever (without fever-reducing medications)
  - ✓ Symptoms have improved
- **If you have had no symptoms you must isolate at home until 10 days have passed since your COVID test**

### Instructions for your time in isolation housing

You will be contacted by Michael Simmelink, COVID Coordinator, ([michael.simmelink@nwciowa.edu](mailto:michael.simmelink@nwciowa.edu) or 712-441-5452) who will help you get meals your first day in isolation and get you a link to order the next day's meals.

- Meals for the following day must be ordered by midnight the evening before.
- Meals will be picked up at 8 am (breakfast), 12 pm (lunch), and 5:30 (dinner). Please allow at least 30 minutes for delivery.
- Meals will be packaged in brown paper sacks. Use that sack to dispose of your meals in the outside dumpster. Please wear a mask when disposing your garbage outside your room.
- Meals that exceed your meal plan allowance will be charged on a per-meal basis. Flex dollars can be used to pay for meals that exceed your meal plan allotment.

### Instructions for those who you may have exposed to COVID-19

People who live with you in your home/dorm/apartment have been exposed to the virus and need to quarantine **for 14 days, starting from the last day they were exposed to you**. People with whom you have been within 6 feet for longer than 15 minutes are also considered exposed and will need to quarantine.

Students who live within 250 miles of campus should quarantine at home. Students who live farther than 250 miles away can complete their quarantine period in their campus dorm room/apartment. People who have been exposed to COVID-19 cannot go to class, to church, to the store, or to any gathering. People in quarantine may go outside for fresh air and exercise but should stay more than 6 feet away from others at all times. They should monitor themselves for symptoms to develop.

If a person has been exposed to COVID-19 and gets tested, s(he) should follow the following protocols:

### Negative test

- Continue to quarantine for the full 14 days (a negative result tells you that you do not have COVID-19 today, but it does not guarantee that you will not develop COVID-19 during the rest of your 14 day quarantine).

### Positive test

- Follow and meet all of the isolation criteria above

### Contact Tracing

Work with Public Health and Student Health Services to determine who may have been exposed to the virus during your infectious period

- ✓ Determine the date you became **infectious** (able to spread the virus to others):
  - **If you have symptoms:** identify the day your symptoms started and go back 2 days - you were infectious 48 hours before symptoms began and will remain infectious until you meet the 3 criteria to stop isolation. *Example: if your symptoms started on Thursday the 13<sup>th</sup>, you were infectious and able to spread the virus beginning on Tuesday the 11<sup>th</sup>.*
  - **If you have no symptoms:** use your test date and go back 2 days (you were infectious 48 hours before the test date and until 10 days after the test date)
- ✓ Identify **close contacts**
  - A close contact is anyone who was within 6 feet of a person with COVID-19 for 15 minutes or more while they were infectious
  - Begin to make a list of close contacts (within 6 feet for 15 minutes) who you were around starting on the date you became infectious and until you began to isolate
  - Share your list of close contacts with your school and with Public Health
  - Work with your school to determine if there are any other close contacts that you may have not thought of
- ✓ Someone from **Public Health will call your close contacts**
  - Close contacts will be asked to quarantine for 14 days from the last time they were in contact with you while you were infectious
  - Your identity will remain confidential – close contacts will be told only that they were identified as having been exposed to “someone with a confirmed case of COVID-19”