

CDC Covid-19 Guidelines

(As of 8/18/21)

Exposure: Quarantine

“Close Contact” is defined as someone who was within 6 feet of a Covid positive person for a total of 15 minutes or more within two days prior to illness onset.

- Quarantine can end after day 10 without testing and if no symptoms have been reported during daily monitoring.
- Quarantine can end after day 7 if diagnostic specimen tests negative and if no symptoms were reported during daily monitoring.
- Test must take place on 6th or 7th day.

Positive Test: Isolation

- Isolation and precautions can be discontinued 10 days after symptoms onset and resolution of fever for at least 24 hours without the use of fever-reducing medications and with the improvement of other symptoms.
- Some with severe illness may produce replication-competent virus beyond 10 days that may warrant extending duration of isolation. (You are still sick.)
- For those who never develop symptoms, isolation and other precautions can be discontinued 10 days after the date of their first positive test.

Most Common Symptoms of Covid-19 in Students:

Fever or chills
Nasal Congestion

Cough
Runny Nose