

These protocols are based on guidelines issued by the US Centers for Disease Control and Prevention (CDC) and guidance from Public Health – Dayton & Montgomery County (PHDMC). These protocols are subject to change based on altered circumstances or any changes in local, state, or federal requirements.

Close Contact

Have you been in close contact with someone who has COVID-19?

You were a close contact if you were less than 6 feet away from someone with COVID-19 for a total of 15 minutes or more over a 24-hour period (excluding K-12 settings)

Quarantine vs. Isolation

Quarantine

Quarantine and stay away from others when you have been in close contact with someone who has COVID-19.

Isolation

Isolate when you are sick or when you have COVID-19, even if you don't have symptoms.

Situation → What to Do

You Test Positive for COVID-19, regardless of vaccination status

- 1. Stay home for at least 5 days** and isolate from others in your home.
 - Calculating Isolation: Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.
- 2. Wear a well-fitting mask** if you must be around others in your home.
- 3. Do not travel.**
- 4. You can return to work/school if:**
 - After 5 days you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
 - At least 5 days have passed since symptoms first appeared.
 - At least 5 days have passed since your last positive test if you are asymptomatic.
- If you got very sick from COVID-19 or have a weakened immune system, you should isolate for at least 10 days. Consult your doctor before ending isolation.
- 6. Take precautions until Day 10** after your first day of symptoms or a positive viral test.
 - When you return to work/school, wear a well-fitting mask until Day 10 any time you are around others.
- Avoid being around people who are more likely to get very sick from COVID-19.

SINCLAIR COLLEGE

COVID EXPOSURE PROTOCOL (CONT.)

Situation → What to Do

**If you were exposed/
close contact
to COVID-19
and are NOT
up to date
on COVID-19
vaccinations**

- 1. Stay home**, maintain social distancing and self-quarantine until 5 days from the last date of exposure.
- 2. Wear a well-fitting mask** if you must be around others in your home.
- 3. Contact your instructor, supervisor, or account manager.**
- 4. After 5 days, you can return to work/school if asymptomatic.**
Keeping your health and wellbeing at the forefront:
 - Employees: consideration should be given to telework options until you are able to return to work on campus.
 - Students: work with instructors to identify remote options to complete classwork until you are able to return to campus.
 - Fully-vaccinated individuals: you may return to campus if you are asymptomatic and provide proof of your vaccination.
- 5. Get tested.**
 - Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
- 6. Take precautions until Day 10:**
 - **Wear a well-fitting mask for 10 full days** any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.
- 7. If you develop symptoms:**
 - Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.

**If you were exposed/close
contact to
COVID-19 and
are up to date
on COVID-19
vaccinations**

- 1. No quarantine.** You do not need to stay home unless you develop symptoms.
- 2. Get tested.**
 - Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
- 3. Watch for symptoms** until 10 days after you last had close contact with someone with COVID-19.
- 4. If you develop symptoms**, isolate immediately and get tested. Stay home until you know the results. Wear a well-fitting mask around others.
- 5. Take precautions until day 10:**
 - **Wear a well-fitting mask for 10 full days** any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.
- 6. Avoid being around people** who are more likely to get very sick from COVID-19.