North Park University
Covid-19 Isolation & Quarantine Protocol for Students & Employees
Effective January 14, 2022
(Last revised January 14, 2022)

IMPORTANT: This policy is subject to change based on updated guidance from CDC and/or local public health departments, as well as the availability of testing supplies.

<u>Isolation Protocol</u>
1. Student/employee tests positive for Covid-19
2. Isolate for at least 5 full days
3. Symptomatic vs asymptomatic
    a. Symptomatic
        i. Day 0 is day of symptom onset
        ii. End isolation after 5 full days if:
            1. Fever-free for 24-hours without fever-reducing meds, AND
            2. Other symptoms have generally improved, AND
            3. Negative antigen test on day 5 or later
                a. No testing = 10-day isolation
                b. Antigen positive = 10-day isolation
        iii. No testing necessary to exit isolation after 10-days of isolation, but must be fever-free for 24-hours without fever reducing meds, AND other symptoms have generally improved
        iv. If exiting after 5 full days of isolation, continue to wear a well-fitting mask around others at home and in public for 5 additional days (days 6-10)
        v. If fever or other symptoms do not improve after 5 days of isolation, wait to conduct isolation exit testing until fever-free for 24-hours without fever-reducing meds
            1. If student/employee is fever-free for 24-hours without fever-reducing meds, but symptoms have not generally improved, they should continue to isolate and wait to conduct isolation exit testing
        vi. If travel is necessary during day 6-10, wear a well-fitting mask when you are around others for the entire duration of travel
    b. Asymptomatic
        i. Day 0 is day of positive test collection
        ii. End isolation after 5 full days if:
            1. Continue to remain symptom free, AND
            2. Negative antigen test on day 5 or later
                a. No testing = full 10-day isolation
                b. Antigen positive = isolate for 10 full days
        iii. No testing necessary to exit isolation after 10-days of isolation
        iv. If symptoms develop, date of symptom onset becomes day 0
        v. If exiting after 5 full days of isolation, continue to wear a well-fitting mask around others at home and in public for 5 additional days (days 6-10)
        vi. If travel is necessary during day 6-10, wear a well-fitting mask when you are around others for the entire duration of travel
4. Isolation exit testing
    a. Antigen testing to exit isolation between day 6-10 should occur no earlier than day 5 of isolation
    b. Testing available at NPU Health Services during <u>regular office hours</u>
    c. Student/employee may <u>submit valid proof of antigen test</u> performed outside of NPU Health Services. Proof of test must include:
        i. Type of test (e.g., PCR, antigen, NAAT)
        ii. Entity issuing the result (e.g., lab, healthcare entity, telehealth service)
        iii. Sample collection date (on day 5 of isolation or later)
        iv. Information that identifies the person (e.g., full name and at least one other identifier, such as DOB or address)
        v. Test result must clearly read as negative or not detected
    d. If NPU Health Services determines the submitted test result is not valid, the student/employee must complete antigen testing on campus to exit isolation between day 6-10
    e. PCR/NAAT test is not recommended for isolation exit testing, <u>per CDC</u>
5. Student/employee may choose to isolate for full 10 days, despite symptomology/testing

Quarantine Protocol

1. Student/employee identified as close contact of someone with Covid-19 does NOT need to quarantine if:
    a. Received all recommended vaccine doses, including boosters, OR
    b. Recovered from Covid-19 within the last 90-days, documented by diagnostic testing
    c. This student/employee should still wear a well-fitting mask around others at home and in public for 10 days from the date of last contact
    d. This student/employee should be tested for Covid-19 on day 5 (day 0 is last day of close contact), or as soon as possible if symptoms of Covid-19 develop
        i. Students/employees that recovered from Covid-19 in the last 90-days should not test, but should still wear a well-fitting mask around others for 10 days
2. Student/employee identified as close contact of someone with Covid-19 DOES need to quarantine if:
    a. Received the primary series of recommended mRNA vaccine, or single dose of Johnson & Johnson vaccine, but have not received a recommended booster shot when eligible, OR
    b. Not vaccinated or have not completed a primary vaccine series at all
3. Quarantine: stay home and away from other people for at least 5 full days after last contact with person who has Covid-19
    a. Day zero is the last day of exposure to someone that tested positive for Covid-19
    b. Monitor for symptoms of Covid-19 for 10 days after last date of exposure to Covid-19
        i. If symptoms develop, get tested for Covid-19 immediately and isolate from others until results are available
        ii. If you do not develop symptoms, get tested for Covid-19 at least 5 full days after last contact with a person who has Covid-19
            1. If possible, also consider being tested at time of notification of close contact with someone that tested positive with Covid-19. If negative, still test on day 5 before exiting quarantine.
        iii. Do not travel during 5-day quarantine period, and make sure to have a negative result and remain without symptoms before traveling
            1. Travel during day 6-10: wear a well-fitting mask when you are around others for the entire duration of travel
    c. No testing necessary to exit quarantine after 10 days if student/employee remains asymptomatic
    d. If member of household unit is identified as a close contact, and close contact is unable to appropriately quarantine from others in unit (e.g., dorm room), quarantine recommendation for others in unit is dependent on vaccination status:
        i. Fully vaccinated, with or without booster
            1. No quarantine, monitor for symptoms.
            2. Symptoms? Quarantine, report symptoms and get tested.
        ii. Unvaccinated
            1. Quarantine until close contact receives a negative test on day 5 or later of their quarantine
            2. Monitor for symptoms
            3. Symptoms? Quarantine, report symptoms and get tested
4. Quarantine exit testing
    a. Antigen or PCR testing to exit between day 6-10 should occur no earlier than day 5 of quarantine
    b. Antigen testing available at NPU Health Services during regular office hours
    c. PCR testing available on campus via SHIELD Illinois saliva-based test
    d. Student/employee may submit valid proof of antigen or PCR test performed outside of NPU Health. Proof of test must include:
        i. Type of test (e.g., PCR, antigen, NAAT)
        ii. Entity issuing the result (e.g., lab, healthcare entity, telehealth service)
        iii. Sample collection date (on day 5 of quarantine or later)
        iv. Information that identifies the person (e.g., full name and at least one other identifier, such as DOB or address)
        v. Test result must clearly read as negative or not detected
    e. If NPU Health Services determines the submitted test result is not valid, the student/employee must complete testing on campus to exit quarantine between day 6-10
5. Student/employee may choose to quarantine for full 10 days, despite symptomology/testing