

**IMPORTANT: This policy is subject to change based on updated guidance from CDC and/or local public health departments.**

#### Isolation Protocol

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 (e.g., if symptom onset occurs on Monday, the earliest date eligible to exit isolation is on Sunday)
    - 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
    - iii. A negative rapid antigen test on day 5 or later is recommended before exiting isolation, but NOT required
      1. If a rapid antigen test is used and the result is positive, the individual should complete a 10-day isolation, despite resolution of symptoms
      2. An individual in isolation should NOT use a rapid test on day 5 or later if they are still experiencing a fever OR their symptoms have not generally improved
      3. A PCR test should not be utilized for an isolation exit test
    - 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 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 (e.g., if the positive test specimen was collected on Monday, the earliest date eligible to exit isolation is Sunday)
    - ii. End isolation after 5 full days IF:
      1. Continue to remain symptom free
    - iii. A negative rapid antigen test on day 5 or later is recommended before exiting isolation, but NOT required
      1. If a rapid antigen test is used and the result is positive, the individual should complete a 10-day isolation, despite being asymptomatic
      2. A PCR test should not be utilized for an isolation exit test
    - 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. Student/employee may choose to isolate for full 10 days, despite symptomology/testing

#### Quarantine Protocol

1. Student/employee identified as high-risk 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
2. Student/employee identified as high-risk 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
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 (e.g., if last date of close contact occurs on Monday, the earliest date eligible to exit quarantine is on Sunday)

- 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 5 days after last contact with a person who has Covid-19
  - 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
- 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 and PCR testing available at NPU Health Services during [regular office hours](#)
  - c. 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
  - d. 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