

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

Exposure Protocol

1. Students/employees that have been exposed to someone that tested positive for Covid-19 **and remain asymptomatic** should:
 - a. Wear a well-fitting mask around others at home and in public for 10 days from the date of last contact
 - b. Get tested for Covid-19 on day 5 (day 0 is last day of close contact)
 - c. Monitor for symptoms of Covid-19 for 10 days after the last date of exposure
2. Students/employees that have been exposed to someone that tested positive for Covid-19 **and develop symptoms** should:
 - a. Get tested as soon as possible
 - b. Isolate from others until results are available
 - c. Wear a well-fitting mask around others when isolation is not feasible
3. Students/employees are strongly encouraged to report their exposure to Covid-19 to covidcare@northpark.edu so the appropriate recommendation and testing arrangements can be made
 - a. Antigen and PCR testing available at NPU Health Services during [regular office hours](#)