



DINÉ COLLEGE

THE HIGHER EDUCATION INSTITUTION OF THE NAVAJO NATION SINCE 1968

CDC Guidelines to COVID Cases or Exposure (Students)

Revised June 16, 2023

Student Response to COVID

Students who are fully online and report being COVID-Positive will need to work with the Faculty on assignments or deadlines.

CDC guidelines on Quarantine and Isolated updated March 21, 2023.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

If You Test Positive for COVID-19 (Isolate)		Action
Have Symptoms AND Vaccinated OR Non-Vaccinated	<ul style="list-style-type: none">• Stay home for 5 days and isolate from others.• After 5 full days, if you are symptoms free for 24 hours (without the use of fever-reducing medication), you may end isolation.• Continue to wear a mask around others for 5 additional days after exiting isolation (totally 10 full days)• If you are still sick or have weakened immune system after day 5, isolate for additional 5 days (10 days total). Consult your doctor when to end your isolation based on your health. <p><i>Contact your faculty and keep them posted on your status. Work with your faculty to adjust your class assignment. Consider virtual transition during periods of Isolation.</i></p>	<ul style="list-style-type: none">• Report to your faculty regarding your case• Do not come to the College Campus if COVID-19 Positive• Do not travel• Wear well-fitted mask for full 10 days even if you exit after Day 5• Avoid people who are more likely to get very sick from COVID-19

If You Were Exposed to Someone with COVID-19		Action
<p>If you:</p> <p>Completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR Completed the primary series of J&J vaccine within the last 2 months</p> <p>AND/OR</p> <p>Have been boosted at least 1x</p>	<ul style="list-style-type: none"> No isolation/quarantine needed unless you develop symptoms (even if you live with the COVID-19 positive person) Wear a mask immediately around others for full 10 days Keep social distance from others (6 ft apart) Watch for symptoms for full 10 days from close contact Test on day 5 even if you do not have symptoms but made close contact. <ul style="list-style-type: none"> If you test positive, isolate for 5 days. <p><i>Contact your faculty and keep them posted on your status. Work with your faculty to adjust your class assignments where needed.</i></p> <p><i>Consider virtual transition during periods of Isolation.</i></p>	<ul style="list-style-type: none"> Report to Faculty of potential exposure or household positive case No Isolation needed Maintain social distance and keep mask on for 10 full days Must test on day 5 and update ICC of results. Take precaution if traveling. Avoid people (socially distancing) who are more likely to get very sick from COVID-19
If You Were Exposed to Someone with COVID-19 (Quarantine)		Action
<p>If you:</p> <p>Do not have Vaccination OR Do not have booster others</p>	<ul style="list-style-type: none"> Quarantine and stay home for 5 days Wear your mask around other after contact If you are not able to quarantine, wear your mask around others Test on day 5 Do not travel for up to 10 days Continue to wear a mask around for 5 additional days after you completed quarantine (10 total days) After quarantine, watch out for symptoms until 10 days after you had close contact with someone with COVID-19. If develop symptoms or test positive, enter into isolation for 5 days. 	<ul style="list-style-type: none"> Report to Faculty of potential exposure or household positive case Test on day 5 and update test results to Faculty Take precaution 6-10 days after close contact by wearing your mask and self-monitoring If you must travel during days 6-10, take precaution and wear well fitted mask.

If You Were Exposed to Someone with COVID-19		Action
AND Have been already confirmed COVID-19 within the past 90 days using a viral test	<ul style="list-style-type: none"> • No quarantine or isolation needed • Unless you have symptoms, stay home • Take precaution until day 10 from when you first were tested COVID positive. • Wear a well fitted mask for 10 full days and when you have symptoms 	<ul style="list-style-type: none"> • No need to report to Faculty if you had initially reported first being tested COVID-19 • Take precaution if traveling • Avoid being around people who are more likely to get very sick from COVID-19

Continue to abide by the College's **COVID prevention guidelines** and sanitization efforts on-site:

- Wear your face mask at all times
- Keep space and distance
- Frequently wash or sanitize hands
- Clean touched surfaces often
- Stay home if you are sick
- Get COVID-19 tested

COVID-Related Exposure or Confirmed Positive

All COVID related case or exposures will be reported to your Faculty. Students will respond to the following based on their type of COVID-related case.

Isolation refers to confirmed COVID positive (+) for virus infection.

- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Take steps to improve ventilation at home, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a well-fitting mask when you need to be around other people

Quarantine refers to the time following exposure to the virus or Close Contact with someone known to have COVID-19.

- No need to isolate but limit social contact, self-monitor. Limit travel and high traffic areas.
- Wear your mask immediately and maintain social distance.
- The date of your exposure is considered day 1. Wear a well-fitting mask when around others at home, if possible.
- If possible, stay away from people you live with at 6 ft or more, especially people who are at higher risk for getting very sick from COVID-19.

- Test for COVID on Day 5 of exposure or when symptoms develop.
- Do not go to places where you are unable to wear a mask, such as restaurants and gyms, and avoid eating around others at home and at work until after 10 days after your last close contact with someone with COVID-19.

Close contact refers to:

- 1) a person less than 6 feet away from someone who is confirmed COVID-19 positive and considered time spent with the individual starting 2-days before the infected person developed symptom or date of testing positive; and
- 2) presence of someone confirmed COVID-19 positive for a cumulative total of 15 minute or more over a 24- hour period **without** a mask less than 6 feet apart.

Recognized COVID Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea