ATCC COVID-19 Quarantine Protocol

Alexandria Technical & Community College holds paramount the health, safety and welfare of every member of our community. We encourage and support students and staff to taking the steps necessary to protect themselves and others.

We support students whose housing is not appropriate for self-quarantine or self-isolation. In those situations - where it is recommended at student self-quarantine – students may be directed by the college to an alternate space. Students will be required to comply with requests by the college to leave their assigned space due to COVID-19 or other public health emergency. If you relocated to Alexandria from another residence and can return back to that residence to self-quarantine, you should do so. If this is not an option, Cindy Haarstad, Director of Student Activities, will assist you in finding temporary housing arrangements. There is no housing expense incurred by those asked to isolate.

For the wellbeing of those in isolation and the health and safety of our students and staff, the following protocols are active as of July 8, 2021. Protocols may be altered at any time as ATCC continues to receive ongoing guidance from government officials, state health services and departments, and the CDC.

Please take seriously these efforts designed to reduce risk of exposure, transmission, and overall spread of this highly contagious virus.

A student will need to isolate as directed by medical professionals, the Minnesota Department of Health or a local public health official. To request isolation housing please email cindy.haarstad@alextech.edu. Student Life Office phone-320-762-4926.

What are symptoms of COVID-19?

- Symptoms of COVID-19: 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

- If you are experiencing any of these symptoms, do not leave your residence. Call your medical care provider if you need medical advice.

What should I do if I have to miss class because I'm sick/might be sick?

1. **Report Illness**

- Please report your condition to the ATCC Safety Coordinator. Our safety team can guide your care and answer questions about notifying contacts. Please call 320-762-4415 or email atcc-covid19@alextech.edu.

2. **Contact Instructors**

- It is recommended for students to individually contact instructors to create a plan to make up work.

- Student Life can help send generic absence notifications to instructors on behalf of a student if they are unable to participate secondary to illness. That communication does not need to include specifics on whether or not it is due to COVID-19 or any other medical illness or situation. Students can use this resource if they would like help in notifying their instructors. Students expected to be out for more than 3 days may utilize Student Life for help with notifying instructors.

- Student Life-320-762-4926

What happens when…

...I get sick and am experiencing symptoms of COVID-19?

- **Call the Safety Coordinator at 320-762-4415 for guidance first**.

...I have tested positive for COVID-19?

- **Follow medical recommendations.**

- **Isolate for 10 days past the date that you first began experiencing symptoms.** Stay home unless it is an emergency. Use online services or ask friend or family member to drop off essentials. Stay away from people in your residence as much as possible, wear a face covering during every interaction with your caretaker, avoid sharing personal household items such as bedding, towels, and dishes.

- **Report illness (See above)**

- **Notify Instructors (See above)**

This guidance is for people in Minnesota to understand how to implement the Centers for Disease Control and Prevention (CDC) updated recommendations for quarantine. Information can be found at *Close Contacts and Tracing: COVID-19* (www.health.state.mn.us/diseases/coronavirus/close.html).

Quarantine – or separating oneself from others – is recommended for people who have been close to a person with COVID-19 (an exposure). Since people with COVID-19 become contagious before symptoms start or may have no symptoms at all, quarantine is an important way to keep COVID-19 from spreading. To protect family, other close contacts, and the community, a person who is not fully vaccinated and has been exposed to a person with COVID-19 needs to stay home and away from others (quarantine) and get tested.

Whether or not you are fully vaccinated, if you have close contact with someone with COVID-19, watch yourself for symptoms for 14 days, such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell. Close contacts who have

symptoms of COVID-19, whether or not they are vaccinated, should follow the recommendations on *If You Are Sick* (www.health.state.mn.us/diseases/coronavirus/sick.html).

Who needs to quarantine?

- People with the following types of exposures need to quarantine if they had not completed COVID19 vaccination before the exposure occurred:
    - People who were within 6 feet of someone contagious with COVID-19 for 15 minutes or more over the course of a day (24 hours).
    - People who live in the same household as someone with COVID-19.
    - People who had direct physical or intimate contact (e.g., kissing, hugging, other types of physical contact) with a person who is sick with COVID-19.
    - People who provide care for a person who is sick with COVID-19 at home.
    - People with direct exposure to respiratory droplets from a person contagious with COVID-19.
    - Sometimes quarantining after travel is also recommended, for more information, visit *Protect Yourself and Others: Traveling* (www.health.state.mn.us/diseases/coronavirus/prevention.html#travel).

Who does not need to quarantine?

If someone has completed COVID-19 vaccination (two doses in a two-dose series or one dose in a one dose series) and is exposed, they do not need to quarantine if BOTH of the following are true:
- The COVID-19 exposure was at least 14 days after their vaccination series was fully completed.
- They do not currently have any symptoms of COVID-19.

If someone has recovered from COVID-19 in the past 90 days and is exposed again, they do not need to quarantine if **ALL** of the following are true:
- Their illness was laboratory confirmed in the past 90 days.
- They have fully recovered.
- They do not currently have any symptoms of COVID-19.

How to quarantine

- Stay home for 14 days after the exposure ended. This is the best strategy to minimize the spread of COVID-19 to others.
    - Do not go to work, school, or any other place outside the home.

- o Do not invite guests from outside your household into your home.

- o In some specific situations, there may be options to shorten the quarantine period. Refer to **Options to reduce quarantine in specific situations below**.

- Separate from other people in your home and monitor for symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell. If symptoms develop, contact a health care provider and get tested for COVID-19.

- Stay away from people who are at high risk for getting very sick from COVID-19, including older adults, those living in long-term care facilities, and people with health conditions like asthma, diabetes, heart disease, liver disease, severe obesity, and weakened immune systems.

- Get tested for COVID-19 five days or later after the exposure, even if you do not have symptoms. If test results are positive, follow recommendations on *Information for Confirmed Cases and Contacts* (www.health.state.mn.us/diseases/coronavirus/cases.html).

- When quarantining at home, you must make sure to:

  - o Stay in a specific room and separate from others in the home. Use a separate bathroom, if

  - o available.

  - o Wear a facemask if other people are around.

  - o Cover your mouth and nose with a tissue when coughing or sneezing.

  - o Wash hands thoroughly and often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol.

  - o Avoid touching your face with unwashed hands.

  - o Avoid sharing personal household items such as food, dishes, drinking glasses, cups, eating utensils, towels, or bedding. After using these items, wash thoroughly with soap and water.

  - o Avoid using public transportation, ridesharing (such as Uber or Lyft), or taxis.

How long to quarantine for COVID-19

A 14-day quarantine period is recommended in any of the following situations:
- The person lives in the same household and is a contact of someone with COVID-19.

  - o The 14-day quarantine period starts the day after the person with COVID-19 completes their isolation period (usually 10 days from the day their symptoms started, or if they didn't have symptoms, 10 days from the day they got tested. Refer to *How Long to Stay Home* (www.health.state.mn.us/diseases/coronavirus/sick.html#stayhome).

o If multiple people in the home have COVID-19, the 14 days start after the last person has completed their isolation. This may mean that other household members will need to quarantine for 24 days or more.

- The person lives or works in a congregate living situation, including a residential hall facility, correctional facility, homeless shelter, or other setting where people cannot quarantine individually and where they can expose multiple people, including those at high risk of severe disease.

Options to reduce quarantine in specific situations

A 14-day quarantine remains the CDC's recommendation for the greatest protection against spreading virus that causes COVID-19, SARS-CoV-2. However, CDC has reviewed data and modeled the impact of a number of options for shortening quarantine.

Because people can develop COVID-19 up to 14 days after an exposure, any quarantine shorter than 14 days might lead to increased spread of the virus in the community. However, in some situations quarantine can negatively affect income, education, and other health conditions of exposed people. CDC provides options to reduce the length of quarantine for state health departments to consider. These options are to balance reducing the impact on people and society with the potential for the virus to spread. Reducing quarantine and the impact on the person is also expected to increase compliance with recommended quarantine duration.

CDC has published additional detail on reduced quarantine, including estimates of the post-quarantine transmission risk, on their website: CDC Science Brief: *Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing* (www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reducequarantine.html).

Please note that these changes are not universal. Some workplaces and settings may have different quarantine requirements.

A shortened quarantine period may be considered if ALL of the following are true:

- The person has NOT had symptoms of COVID-19 during the quarantine period.

- The person does NOT live with someone who has COVID-19.

- The person does NOT live or work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility.

- The person does NOT work in a health care facility.

- The person had a defined exposure, meaning a known exposure with a beginning and an end.

- Examples could be someone who was exposed:

  o At school or a sporting activity.

- o   During a shift at work or while on break.

- o   At a social gathering or event, like a party or funeral.

If and only if all of the above conditions are true, quarantine may be shortened to:

- 10 days without testing; or

- Seven days with a PCR-negative test (not an antigen test or antibody/blood test) if the test occurred on day five after exposure or later.

After stopping quarantine:

- Wear a mask, stay 6 feet from others, wash hands, and avoid crowds or settings with people who are at risk of severe illness from COVID-19.

- Watch for symptoms until 14 days after exposure. If any symptoms occur, isolate from others right away and get tested.

Determining date that quarantine ends

To determine when the quarantine period will end, identify the last date of exposure to someone with COVID-19. This is considered day zero. The next day is the first full day of quarantine, or day one. People are able to resume normal activities the day after their quarantine period is completed.

- A 14-day quarantine means the person can resume activities on day 15.

- A 10-day quarantine means the person can resume activities on day 11.

- A seven-day quarantine means the person can resume activities on day eight.

What is Contact Tracing?

- If you test positive, you will get a call from public health officials. It is crucial that you talk with them for contact tracing. Contact tracing is being used by health departments to prevent the spread of COVID-19. In general, contact tracing involves identifying people who have COVID-19 and their contacts and working with them to interrupt COVID-19 spread.

- If you have come into contact with a case of COVID-19, the health department might be contacting you by phone, so answer all calls, make sure your voicemail is set up to take messages, and return their call.

  - o   **Why?** This might be the only way you'll know if you've been exposed and will connect you to services you might need while in quarantine.

What is Quarantine vs. Isolation

- Quarantine: Separates and restricts the movement of people without symptoms, but who were exposed to a contagious disease while they see if they become sick.

- Isolation: separates sick people with a disease from others who are not sick.

- o **If you need to isolate:** Stay home and do not go out in public, stay away from people in your residence as much as possible, wear a face covering during every interaction with your caretaker, avoid sharing personal household items such as bedding, towels, and dishes.

What do I need? COVID-19 Preparedness Kit

- Come back prepared in case you get COVID-19. Supplies to add to your back-to-school list are:
  - o Thermometer
  - o Tylenol or ibuprofen
  - o cleaning supplies and hand sanitizer
  - o plastic gloves
  - o water and juice
  - o non-perishable food items.

References

Stay Safe MN Quarantine Guidance for COVID-19
(https://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf)