

SUBJECT: COVID-19 Reporting, Isolation and Quarantine Guidelines

REVIEWED/REVISED: 8/05/2020; 8/02/2021; 1/03/2022

PURPOSE: To provide information on where students report Covid-19 symptoms, positive test, or exposure and guidance on isolation and quarantine periods for students that become symptomatic, test positive or are exposed to someone with COVID-19.

POLICY OWNER: President, CEO

Recently, the CDC issued new guidance on recommended isolation and quarantine periods for persons testing positive for Covid-19 and those exposed to someone with Covid-19. To reduce the risk of being infected with the Delta and Omicron variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.

The guidance below is for NMC students only. NMC employees contact Employee Health for information on COVID-19 recommended isolation and quarantine guidelines and testing protocols.

If you Test Positive for Covid-19 or are symptomatic (Isolate):	
<p>Everyone, regardless of vaccination status.</p> <p>DO NOT ATTEND CLINICAL, CAMPUS, OR WORK WITH SYMPTOMS OR A POSITIVE TEST.</p>	<ul style="list-style-type: none"> • Students contact Campus Health at 402-354-7211 or submit a COVID-19 Reporting Form for Campus Health to contact you regarding information on COVID-19 guidelines and testing. If after campus health business hours—Please leave a message at (402) 354-7211 or 402-354-7260. • If you have an emergency, call 911 or go to the nearest urgent care center or emergency room for treatment. • Students contact your Program Director and the Dean of Students. • Campus Health will provide you with self-isolation guidelines. If you have no symptoms or your symptoms are resolving after 5 days, you may be eligible to return to campus courses and clinical. Students must

	<p>contact Campus Health for clearance BEFORE returning to campus, clinical, and/or work.</p> <ul style="list-style-type: none"> • Continue to wear a mask around others for 5 additional days. • If you have a fever, stay home until your fever resolves. • Students provide documentation of clearance to return from your healthcare provider per the <i>Return to Clinical, Class, and Lab Following Illness or Injury policy</i> or obtain clearance from Campus Health.
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You are symptomatic if:	
<p>Everyone, regardless of vaccination status.</p> <p>DO NOT ATTEND CLINICAL, CAMPUS, OR WORK WITH SYMPTOMS OR A POSITIVE TEST.</p>	<ul style="list-style-type: none"> • You are experiencing one the following symptoms: <ul style="list-style-type: none"> ➤ Dry, persistent cough; ➤ Shortness of breath or difficulty breathing; ➤ Fever >100.4 degrees F. • You are experiencing two of the following symptoms: <ul style="list-style-type: none"> ➤ Gastrointestinal symptoms (diarrhea or vomiting); ➤ sore throat; ➤ sudden loss of sense of taste and/or smell; ➤ headache; or ➤ body aches. • If you develop symptoms, get tested and stay home until a negative test confirms symptoms are not attributed to Covid-19.

If you were exposed to someone with Covid-19 (Quarantine):	
<p>If you:</p> <p>Have been <u>boosted</u></p> <p>OR</p> <p>Completed the primary series of Pfizer or Moderna vaccine <u>within the last 6 months</u></p> <p>OR</p>	<ul style="list-style-type: none"> • Students contact Campus Health to discuss your exposure or submit a Covid-19 Reporting Form for Campus Health to contact you. • Will not be required to quarantine as long as you remain asymptomatic. Carefully self-monitor for daily symptoms for 14 days.

<p>Complete the primary dose of J&J vaccine <u>within the last 2 months.</u></p>	<ul style="list-style-type: none"> • Students may continue in their academic, clinical or work while wearing a surgical facemask indoors in public for 10 days following exposure. • Test on day 5, if possible. • If you develop symptoms, get tested and stay home until a negative test confirms symptoms are not attributed to Covid-19. • Call Campus Health before returning to campus or clinical for clearance.
<p>If you: Completed the primary series of Pfizer or Moderna vaccine <u>over 6 months ago and are not boosted</u> OR Completed the primary dose of J&J over 2 months ago and <u>are not boosted</u> OR <u>Are unvaccinated.</u></p>	<ul style="list-style-type: none"> • Students contact Campus Health to discuss your exposure or submit a Covid-19 Reporting Form for Campus Health to contact you. • Quarantine at home for 5 days. After that continue to wear a mask around others for 5 additional days. • If you can't quarantine, you must wear a mask for 10 days. • Test on day 5, if possible • If you develop symptoms, get a test and stay home until a negative test confirms symptoms are not attributed to Covid-19. • Call Campus Health before returning to campus or clinical for clearance.

Other illnesses:	
<p>Everyone, regardless of vaccination status.</p>	<ul style="list-style-type: none"> • Students who develop ANY illness or sick symptoms should NOT attend class, clinical, and/or work and contact Campus Health for guidelines and clearance BEFORE returning. • Must be symptom free for 24 hours before returning. • Call Campus Health before returning to campus or clinical for clearance.