Returning to Campus Safely At-A-Glance February 2022

**Remember to follow COVID safety practices to protect yourself and others:**

**NEW CDC Guidelines effective February 2022**

* **Complete daily health self-assessment**
* **Stay home if sick or symptomatic**
* **Wear mandatory face covering indoors**
* **Practice physical distancing if needed**
* **Get vaccinated or be tested weekly**
* **Participate in contact tracing**
* You **quarantine** when you might have been exposed to the virus

**Quarantine vs. Isolation**

* You **isolate** when you have been confirmed infected with the virus

**Quarantine -** If you have been in **close contact** (within 6 feet for more than 15 minutes) with someone who tested positive for COVID-19 and are **Fully Vaccinated and Boosted**:

1. You do NOT need to quarantine after contact with someone with COVID-19 unless you have symptoms.
2. If symptoms occur, you should quarantine immediately and get tested.
3. If you do not have symptoms, it is recommended to get tested 5 days after exposure but not required.
4. You should wear a mask for 10 days following exposure.
5. You can continue all normal activities but continue to wear a mask.

If you have been in **close contact** (within 6 feet for more than 15 minutes) with someone with COVID-19 and are **Unvaccinated or more than 6 months from second dose (or 2 months from J&J) and not boosted**:

1. You MUST quarantine at home for 5 days after contact with someone with COVID-19.
2. If symptoms occur, you should get tested immediately.
3. If you do not have symptoms, it is recommended to get tested 5 days after exposure but not required.
4. You should wear a mask for 10 days following exposure.
5. You can resume normal activities as you after 5 days of quarantine but continue to wear a mask.

**Isolate -** If you are **confirmed infected** with a positive COVID-19 test **regardless of vaccination status**:

1. You MUST isolate at home away from others for 5 days from when your symptoms first appeared or from when you received your positive test result.
2. You should wear a mask for 5 additional days even if your symptoms are resolving or you’re asymptomatic.
3. You do NOT need to be retested unless instructed by a healthcare professional.
4. You do NOT need to be tested for up to 90 days unless you become symptomatic.
5. You can resume normal activities after 5 days of isolation as long as symptoms are resolving but continue to wear a mask.

**Resources**

* **Vaccinations** are FREE through HC Health Department <https://www.howardcountymd.gov/health/covid-19-vaccine>
* **Testing** is FREE through HC Health Department <https://www.howardcountymd.gov/covid-19-testing>
* **Additional testing** FREE for employees and families at Roger Carter Community Center or HC Rec & Parks Tuesday, Wednesday, Thursday [https://form.jotform.com/212534423390146/prefill/613cb28cf908a0183103e9042870](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fform.jotform.com%2F212534423390146%2Fprefill%2F613cb28cf908a0183103e9042870&data=04%7C01%7Cmbilello%40howardcc.edu%7C806aa0816d504da0253008d9cf8391a1%7C6307de3c3f084db3922aeddb9fd2098f%7C0%7C0%7C637768986345208815%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=K1%2FI3Hl%2F6Vdg%2BUr6JcJEESP5pEjb5ol9dMT8w0WQlUQ%3D&reserved=0)
* **Reports** for positive COVID-19 cases, issues or concerns should be reported immediately to [EOP@howardcc.edu](mailto:EOP@howardcc.edu)