

STEPS TO TAKE FOLLOWING POSSIBLE OR CONFIRMED COVID-19 ILLNESS

The following guidance provides stepwise procedures for students, faculty, and staff who are close contacts of an infected individual or suspect to or have tested positive for COVID-19. This guidance is intended to help protect the health and safety of the University community but is not a substitute for medical provider guidance and is not a contract between the University and any person or entity. Please note the University's guidance is subject to change in accordance with state and federal law and/or local, state and federal public health guidance. For the University's most up-to-date guidance, please see dixie.edu/covid19.

DEFINITIONS:

Close Contact – any person who was within 6 feet of an infected person for a cumulative total of 15 minutes (or longer) over a 24-hour period beginning 48 hours before the onset of illness or positive COVID-19 test, whether or not face coverings were worn

Quarantine – recommended period of self-isolation, social distancing, and monitoring of symptoms following exposure to infectious disease (i.e., COVID-19)

Case Investigation – process in which a contact tracer conducts an interview with a confirmed positive case, provides guidance and support to the affected individual and works to identify and contact the affected individual's close contacts during the 48-hour period of exposure

WHAT TO DO IN THE CASE OF AN EXPOSURE:

If you meet the definition of a close contact, you may be contacted by the Southwest Utah Public Health Department or a member of DSU's Booth Wellness Center Contact Tracing Team. If you receive a missed call from an unknown Utah-based phone number and do not respond, we will attempt to contact you via your University email address and/or text message. If you believe you have been exposed to someone with COVID-19, please follow the instructions below:

1. Complete a COVID-19 [Self-Report Form](#)
2. Determine status (*i.e.*, vaccinated, partially vaccinated or unvaccinated) and proceed to appropriate steps

Vaccinated individuals who have been exposed to someone with a suspected or confirmed case of COVID-19 are **NOT** required to quarantine if the following criteria are met:

- a) They are fully vaccinated (*i.e.*, more than 2 weeks have passed since the receipt of a second dose of a 2-dose series or 2 weeks after receipt of single-dose vaccine);
- b) They have remained asymptomatic since current COVID-19 exposure; and
- c) They have completed a Self-Report Form and are enrolled in active monitoring with BWC's Contact Tracing Team

Fully Recovered individuals who are less than 90 days from recovery from a confirmed case of COVID-19 are **NOT** required to quarantine if the following criteria are met:

- a) They are fully recovered (i.e., less than 90 days have passed since they have fully recovered from a confirmed case of COVID-19
- b) They have remained asymptomatic since recovering from COVID-19; and
- c) They have completed a Self-Report Form and are enrolled in active monitoring with BWC Contact Tracing Team

Unvaccinated or Not Fully Vaccinated individuals exposed to someone with a suspected or confirmed case of COVID-19 should:

- a) Quarantine for a period of 14-days beginning on the date of last exposure;
- b) Monitor themselves for COVID-19 symptoms during the 14-day quarantine period.
Most common COVID-19 symptoms include:
 - Fever or chills
 - Cough, shortness of breath or difficulty breathing
 - Fatigue
 - Headache, muscle or body aches
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea, vomiting and/or diarrhea
- c) Contact their healthcare provider or BWC's Contact Tracing Team for testing advice or support. It is recommended to wait 3-5 days after close contact exposure to get tested; and

Following a negative test result continue to quarantine, as the symptoms or detectable levels of virus may take up to 14 days to manifest.

