

## COVID-19 Procedures

\*We are using the CDC standards as well as guidance from local public health departments (CDPHE & JCPH). These guidelines may change.

For everyone (students, faculty, staff):

- Pre-screen when coming on campus. If any of these are positive, stay home. Symptoms of COVID-19 may be mild and feel like a common cold, especially early on.
  - Fever or chills (fever  $\geq 100.4$ F)
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue/Tiredness
  - Muscle or body aches/Soreness
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
  
- Quarantine vs. Isolation
  - **Quarantine:** As of August 11, 2022, Centers for Disease Control and Prevention **no longer recommends** quarantine for people who have been exposed to COVID-19, regardless of vaccination status. However, CDC recommends that people who have been exposed still [take precautions to protect others, such as masking around others for 10 days and getting tested five days after exposure](#).
  
  - **Isolation:** Isolation is an important tool for preventing the spread of COVID-19. Isolation means staying at home and away from other people until you are likely no longer contagious. This strategy lowers the risk of transmitting the virus from person to person. The best place to isolate is in your own home.
    - Isolate when you:
      - Have a positive COVID-19 test.
      - Have symptoms of COVID-19.
      - Are getting ill and think they might have COVID-19. Symptoms, especially early on, may be mild and feel like a common cold. Early symptoms can include fever/chills, cough, shortness of breath, tiredness, soreness, headache, new loss of taste or smell, sore throat, congestion/runny nose, nausea/vomiting, and/or diarrhea. Some people may not develop fever or fever may not appear until several days into the illness.
    - How to Isolate (CDPHE recommendations): [How to Isolate](#)
    - May return after:

- You have had no fever for at least 24 hours (that is one full day of no fever without using medicine that reduces fevers)
  - **AND**
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)
  - **AND**
  - At least 5 days have passed since your symptoms first appeared
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- Asymptomatic with a + COVID-19 test: May return after isolation for 5 days.

Resources:

- Jeffco Community resources: [Here](#)
- COVID testing information: [Here](#)
- More COVID-19 testing sites: [Here](#)
- Telehealth/nurse line information: [Here](#)
- JCPH COVID-19 Exposure Notification: [Here](#)
- CDHPE resources (wellness, mental health, financial): [Here](#)