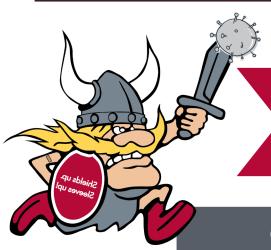




COVID-19 DECISION GUIDE

What to do if you are exposed, sick or test positive Spring 2022

QUESTION/ SITUATION?	For All Students	and Employees
When do I need to wear a mask?	Masks are not currently required inside college buildings	
What should I do if I have symptoms? (i.e. sore throat, headache, cough, fever, runny nose, etc.)	 Stay home if you are sick. Notify your supervisor/instructors. Get tested immediately. Test negative? No need to quarantine. You may return to work/school when symptoms are gone. Test positive? Follow the guidance below. 	
I tested positive for COVID-19. Now what?	 Isolate - regardless of vaccination status Submit the Exposure Reporting Form (www.ridgewater.edu/covid-19/exposure-reporting) Stay home for at least 5 days (first day of symptoms is Day O for counting) If you don't have symptoms or your symptoms have improved, AND you are fever free without fever reducing medication, you can end your isolation after 5 days Wear a mask around others for an additional 5 days 	
	YOU ARE UP-TO-DATE WITH VACCINATION	YOU ARE NOT UP-TO-DATE WITH VACCINATION
I have been exposed to someone with COVID-19. Next steps depend on your vaccination status.	 Up-to-Date Means: Received booster shot Had two doses of Pfizer or Moderna in the last 5 months Had the J & J/Janssen vaccine in the last 2 months Then: You do not need to stay home Wear a mask around others for 10 days Test on day 5, if possible If you develop symptoms, get tested immediately and stay home 	 Up-to-Date Means: Had two doses of Pfizer or Moderna vaccine over 5 months ago and are not boosted Had only one dose of Pfizer or Moderna vaccine Had the J & J/Janssen vaccine more than 2 months ago Are unvaccinated Then: Stay at home for 5 days - quarantine. Wear a mask around others for an additional 5 days Test on day 5, if possible, or immediately if you develop symptoms



*Instructors: If you are notified by a student text us at 320-212-1556 or email *safety@ridgewater.edu* as soon as possible to assist in the reporting process.

Questions? Email safety@ridgewater.edu or text 320-212-1556

Additional COVID-19 resources:

- www.cdc.gov/coronavirus/2019-ncov/your-health/ quarantine-isolation.html#quarantine
- www.health.state.mn.us/diseases/coronavirus/index.html
- www.ridgewater.edu/covid-19