



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.)	<ul style="list-style-type: none"> • Stay home if you are sick. • Notify your supervisor/instructors. • Get tested immediately. <ul style="list-style-type: none"> - 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?	<ul style="list-style-type: none"> • Isolate – regardless of vaccination status • Submit the <i>Exposure Reporting Form</i> (www.ridgewater.edu/covid-19/exposure-reporting) • Stay home for at least 5 days (first day of symptoms is Day 0 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 	
I have been exposed to someone with COVID-19. Next steps depend on your vaccination status.	YOU ARE UP-TO-DATE WITH VACCINATION	YOU ARE NOT UP-TO-DATE WITH VACCINATION
	Up-to-Date Means: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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

