

COVID-19 Guidance for Students, Faculty and Staff in Non-Healthcare Settings on Campus

Updated December 2022

The following guidance recommends actions for students, faculty, and staff on campus (except for those in healthcare) who are close contacts of an infected person, or who suspect, or have confirmed, that they have COVID-19. These actions are intended to protect the health and safety of our campus population and are not medical guidance.

What is an exposure?

For COVID-19, a [close contact](#) is defined as any person who was within 6 feet of an infected person for a cumulative total of at least 15 minutes over a 24-hour period, starting from 2 days before illness onset or a positive test and until the time the person is isolated, whether or not face coverings were being worn.

Close contact also includes instances where there was direct contact with infectious bodily fluids (like being coughed on), direct physical contact with the person (touching, hugging, or kissing), or touching a surface or object that may have been contaminated with the virus (shared door handles or tables, eating or drinking utensils, for instance) without proper personal protective equipment (PPE). Heavy breathing, such as [during exercise](#), or talking loudly, singing or shouting, may increase the distance that virus particles spread and increase the risk of virus transmission. Being in an enclosed space (like a classroom) for an extended period of time, even if not within 6 feet may also be considered close contact.

Close contact generally does not include brief interactions, such as walking past a person. However, if you have been in a classroom with a student or instructor who has COVID-19 you will be considered to have been exposed.

Instructions for Supervisors/Advisors

The Supervisor/Faculty Advisor should:

- Let close contacts within the potentially impacted area of the infected person know that somebody they may have been exposed to (without disclosing the name) has been identified as having COVID.
- Notify the department head.

What to do if there was an exposure or possible exposure?

If you believe it is likely that you have been exposed to someone with COVID-19, such as being in the same household, please follow the instructions below.

1. If you have been exposed but do *not* have symptoms, you should do the following (regardless of your vaccination status):

- a. You do NOT need to quarantine and may return to your normal routine.
- b. Wear a tight-fitting mask for 10 days. Day 0 is the day you were exposed.
- c. Get tested 5 days after your exposure using a PCR test (i.e., not a home test).
If you test positive, isolate as described below.

2. If you *have symptoms* (coughing, fever, respiratory distress, flu or cold symptoms), or suspect that you have COVID-19:

- a. Get tested. Home tests (rapid antigen) are available at many local pharmacies and symptomatic tests are available through your healthcare provider. You should isolate at home while you are waiting for your results.

3. Take the appropriate action for your test results:

- a. If you have a **negative** test and your symptoms are improving, you may return to your regular routine while wearing a mask around others for 10 days.
- b. If you have a **positive** test, isolate at home staying home for 5 days. Day 0 is the day you tested positive or started having symptoms, whichever is first.

Isolation is a public health term that means that people who have symptoms of COVID-19 and/or test positive for COVID-19 are separated from the general population until they are no longer infectious.

For students living in Housing & Residential Education, visit <http://housing.utah.edu/coronavirus>. In advance of their arrival, all students

have been asked to create an off-campus isolation plan or be prepared to isolate in place.

For those students and families that are living at University Student Apartments, you should also create an off-campus isolation plan or be prepared to isolate in place. The university will not offer a dedicated building for isolation and quarantine for 2023-24 academic year.

Call your primary care physician or health care provider for guidance on any further actions you should take.

Get another test on Day 5 using an antigen test. If your Day 5 is still positive, you should continue to isolate up to 10 days or until your symptoms are gone, you haven't had a fever for at least 24 hours, and you test negative using an antigen test (e.g., an at-home test), whichever occurs first.

Continue to wear a mask around others.

4. When can I go back to classes or work?

- a. If you were exposed and had no symptoms, or if you initially tested negative, you may return to your regular routine while wearing a mask around others for 10 days.
- b. If you think or know you had COVID-19, and had symptoms you may leave isolation and return to your regular routine after:
 - i. At least 5 days since symptoms first appeared, and
 - ii. At least 24 hours with no fever without fever-reducing medication, and
 - iii. Symptoms have significantly improved (*note that loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*), and
 - iv. Testing negative on Day 5 using a Rapid Antigen test. If you do not get tested or test positive with an antigen test, remain in isolation until you test negative or for 10 days, whichever comes first.

Note: Some people may require a longer period of isolation. People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared.

Persons who are severely immunocompromised may require testing to determine when they can be around others. Please talk to your healthcare provider for more information. If testing is available, it may be recommended by your healthcare provider. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

Further Information:

- University of Utah COVID-19 Information: <https://coronavirus.utah.edu/>
- State of Utah COVID-19 Testing Information: <https://coronavirus.utah.gov/utah-covid-19-testing-locations/>
- State of Utah COVID-19 Vaccine Information: <https://coronavirus.utah.gov/vaccine-distribution>