

QUARANTINE Requirements

for those in CLOSE CONTACT to someone with COVID-19

► **Quarantining** helps prevent the spread of COVID-19 that can occur from people with or without symptoms. If you have **been in close contact with** someone with COVID-19 during the semester **you will be required to quarantine**.

WHAT IS THE DEFINITION OF CLOSE CONTACT?

A close contact is someone who has been within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the person is isolated.

VACCINATED INDIVIDUALS WHO HAVE BEEN IN CLOSE CONTACT...

- Do not need to test weekly.
- Do not need to quarantine if they are fully vaccinated as long as they remain asymptomatic, but must get tested 3-5 days after exposure.
- Should notify Mitchell College Health & Wellness.
- If symptomatic, must quarantine immediately and get tested for COVID-19 as soon as possible.
- Must isolate for 10 days if they test positive. View [Isolation Requirements](#).

UNVACCINATED INDIVIDUALS WHO HAVE BEEN IN CLOSE CONTACT...

- Must quarantine for 10 days following the date of exposure to a positive case and continue to monitor for symptoms throughout days 11-14.
- If there is ongoing household contact with a positive case, the close contact must quarantine for the entire isolation period of the positive case PLUS 10 days following the end of the positive case's isolation.
- It is recommended that all unvaccinated close contacts get tested for COVID-19 as soon as possible after being identified, and, if negative, tested again in 5-7 days after last exposure or immediately if symptoms develop during quarantine.
- A negative test result does not negate the need to complete the quarantine period for unvaccinated individuals.

INDIVIDUALS RECENTLY RECOVERED FROM COVID WHO HAVE BEEN IN CLOSE CONTACT...

- Close contacts who had a positive COVID-19 test result in the past 90 days and have completed their isolation period may refrain from quarantine provided they are asymptomatic.

WHILE IN QUARANTINE...

DO:

- communicate with your academic advisor, faculty instructors, supervisors, coaches, RHDs, etc.
- continue with online learning
- report to scheduled COVID-19 testing
- stay connected with friends and family through virtual platforms
- spend time outside and go for walks away from other people
- **You cannot socialize with others outside while in quarantine*
- wear a mask/face covering whenever you are not in your designated quarantine space, including all residential areas (hallways, bathrooms, etc.)
- wash your hands and/or use hand sanitizer frequently
- reach out to the Residential Life staff for needed help and support
- stay on campus if a resident student

DO NOT ATTEND:

- ❌ work/internships (unless on campus or virtual)
- ❌ athletic practices
- ❌ social events
- ❌ activities in public places

CONTACT:

Abigail Weymouth, RN, Health Center: 860-701-5195

Dr. Doug Dufore, Counseling Center: 860-701-5103

Outside of Mitchell College Health Clinic hours, students with COVID-19 related questions/concerns may contact: 833-ASK-YNNH (833-275-9644) Monday-Sunday (7 days a week) 7am-7pm

If you are in severe distress, as with any other illness, please call 911