



# WALDORF UNIVERSITY

## COVID-19 ISOLATION & QUARANTINE GUIDELINES

Updated August 12, 2022

Source: Centers for Disease Control <https://www.covid19treatmentguidelines.nih.gov/overview/clinical-spectrum/> & <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

Positive Confirmed	Symptomatic or Not Feeling Well	Exposed, Unvaccinated or not fully Vaccinated/ Boosted <i>Considered: "Not Up to Date"</i>	Exposed Vaccinated and received Booster <i>Considered: "Up to Date"</i>
Confirmed by medical provider or by virologic test	<p>Symptoms of COVID may vary from no symptoms or critical illness. Signs of mild illness may include fever, cough, sore throat, malaise, headache, muscle pain, nausea, vomiting, diarrhea, loss of taste and smell...</p> <p>Signs of moderate to severe illness include any of those listed in addition to lower respiratory distress such as shortness of breath or difficulty breathing.</p> <p><b>Important</b> to seek medical advice if experiencing any symptoms especially if person is higher risk of developing severe illness (age, other underlying medical conditions, or are pregnant).</p>	<p>Have not had any vaccination <b>OR</b></p> <p>Have not completed the series for Moderna or Pfizer <b>OR</b></p> <p>Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted <b>OR</b></p> <p>Completed the primary series of J&amp;J over 2 months ago and are not boosted</p>	<p>Have received booster (2 boosters age 50+, 1 booster &lt;50yrs). Immediately up to date with recommended booster(s).</p> <p style="text-align: center;"><b>OR</b></p> <p>Completed the primary series of Pfizer or Moderna vaccine within the last 6 months <b>OR</b></p> <p>Completed the primary series of J&amp;J vaccine within the last 2 months</p>
<b>STAY HOME &amp; ISOLATE</b> from others for 5 days minimum, may leave isolation if symptoms are resolving and no fever for 24hrs after day 5 without use of fever reducing medications. Day of confirmed positive or onset of symptoms counts as Day 0.	<p><b>STAY HOME &amp; TEST</b></p> <p>If positive, follow <b>Positive Confirmed expectations.</b></p> <p>If negative, remain home until you are feeling improved and seek medical advice.</p>	<p>Quarantine is <b>NOT</b> necessary, however should closely monitor for symptoms and test if become symptomatic</p> <p>Use good common sense and if exposure is from a significantly close contact or several in a group are coming down positive take reasonable precautions and maintain physical distance from others, practice good hygiene with handwashing, not touching face...</p>	
<b>Mask additional 5 days around others</b>	<p><b>Monitor &amp; wear a quality mask around others for a FULL 10 days from exposure. Last date of Exposure counts as Day 0.</b></p>		

### Expectations while in ISOLATION

**Employees:** If functionally & physically possible (because you are not ill) employees would be expected to work remotely from home. Work through HR and manager. If ill and unable to work from home, would need to treat as personal/sick days.

**Students:** Work through Student Health Services (Nurse Mary) to complete an **Extended Care** form and stay in communication with Professors & Coaches/Directors. The form is to help confirm, track each situation, and to provide support services in areas of academics, mental health, medical appointments, housing, and meal arrangements.