



# Isolation & Quarantine Guidelines

January 31, 2022

If you test positive for COVID-19, if you have symptoms of COVID-19, or if you were exposed to someone with COVID-19, you need to take steps to avoid getting other people sick. Follow these guidelines to know what to do.

**Important!** If you are experiencing severe symptoms (e.g., shortness of breath) seek immediate medical care.

## If you test positive for COVID-19 (isolate)

**Everyone, regardless of vaccination status**

- **Students:** Notify your faculty and other close contacts. **Employees:** Notify your supervisor and other close contacts.
- Stay home for at least 5 days after date of first positive test; *longer if symptoms persist.*
- Wear a well-fitting mask (KN-95 or comparable) at all times while around others, including your household members, for an additional 5 days after isolation.
- Remain off campus until you have been cleared to return by a member of BTC's COVID response team.

## If you have symptoms of COVID-19 (isolate)

**Everyone, regardless of vaccination status**

- **Students:** Notify your faculty. **Employees:** Notify your supervisor.
- Get tested as soon as possible. While a positive rapid test result is likely accurate, a negative result is less reliable. Schedule a PCR test via [testdirectly.com](https://testdirectly.com) (or [other Whatcom County testing sites](#)).
- Stay home for at least 5 days after date of the onset of symptoms; *longer if symptoms persist.*
- Wear a well-fitting mask (KN-95 or comparable) at all times while around others, including your household members, for an additional 5 days after isolation.
- Remain off campus until you have been cleared to return by a member of BTC's COVID response team.

## If you were exposed to someone with COVID-19 (quarantine)

**If you:**

Are fully vaccinated AND had a booster

**OR**

Finished your series of Pfizer or Moderna in the last 6 months

**OR**

Had your single J&J dose in the last 2 months

- **Students:** Notify your faculty. **Employees:** Notify your supervisor.
- You do not have to quarantine.
- Wear a well-fitting mask (KN-95 or comparable) at all times while around others, including your household members, for 10 days after date of last close contact.
- Get tested on day 5 after your exposure; sooner if you develop symptoms. While a positive rapid test result is likely accurate, a negative result is less reliable. Schedule a PCR test via [testdirectly.com](https://testdirectly.com) (or [other Whatcom County testing sites](#)).
- If you develop symptoms or test positive, follow the protocol above.

**If you do not fall in any of the above categories**

- **Students:** Notify your faculty. **Employees:** Notify your supervisor.
- Stay home for 5 days after date of last close contact.
- Wear a well-fitting mask (KN-95 or comparable) at all times while around others, including your household members, for an additional 5 days after quarantine.
- Get tested on day 5 after your exposure; sooner if you develop symptoms. While a positive rapid test result is likely accurate, a negative result is less reliable. Schedule a PCR test via [testdirectly.com](https://testdirectly.com) (or [other Whatcom County testing sites](#)).
- If you develop symptoms or test positive, follow the protocol above.
- Remain off campus until you have been cleared to return by a member of BTC's COVID response team.

Note: In accordance with guidance for those working in healthcare settings, isolation and quarantine periods and other requirements may be different for nursing and allied health students, faculty, and staff.