Illness and COVID-19 Quick Reference Guidelines

November 2, 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)

- **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)

- **Students:** Notify your faculty. **Employees:** Notify your supervisor.
- Get tested as soon as possible.
- Stay home for at least 5 days after date of the onset of symptoms; *longer if symptoms persist*.
- If symptoms subside within the 5 days of isolation, test again and you may return to campus with a negative result.
- Wear a well-fitting mask (KN-95 or comparable) at all times while around others, including your household members, for 10 days from the onset of symptoms.

If you were exposed to someone with COVID-19

- **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.
- If you develop symptoms or test positive, follow the protocol above.

Symptoms of COVID-19

- Fever or chills
- Cough
- Shortness of breath of difficulty breathing
- Fatigue
- Muscle or body aches

- New loss of taste or smell
- Sore throat
- Congestion of runny nose
- Nausea or vomiting
- Diarrhea
- Headache

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.