

Dealing with COVID-19 Guidelines for Employees and Students Interim Guidance

The following are general guidelines for employees and students related to exposure, quarantine, and return to work or class procedures for all affected by COVID-19.

Employees or their supervisors, and students should contact the Pandemic Coordinator, Jennifer Dame - JDame@frederick.edu, if they are subject to quarantine due to a positive COVID test, exposure to the virus, or are experiencing symptoms.

These guidelines are based on the most recent [interim guidance from the Centers for Disease Control on quarantine and isolation for COVID-19](#). This document will be updated as needed and posted on the FCC web site.

If individuals have tested positive for COVID-19, have symptoms of COVID-19 or have been exposed to COVID-19 (if not [up-to-date](#) on COVID-19 vaccinations):

- Do not come to the main campus or the Monroe Center
- Report this to the Pandemic Coordinator
- Consult with a doctor or state public health agency regarding next steps to take
- Stay home until you have been cleared by your doctor or state public health agency
- Students should continue to attend classes remotely, if able, and inform faculty of any missed classes (Consult the Pandemic Coordinator)
- Employees can use available leave or leave without pay while in quarantine (Consult HR for assistance)
- Receive clearance from the Pandemic Coordinator before returning to main campus or Monroe Center

Key Definitions

Quarantine

If you were exposed, you [quarantine](#) and stay away from others when you have been in close contact with someone who has COVID-19. See chart below: Calculating Quarantine

Isolate

If you are sick or test positive, you [isolate](#) when you are sick or when you have been infected with the virus, even if you don't have symptoms. See chart below: Calculating Isolation

Exposure

Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contact

Close contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.

When to Stay Home

If You Were Exposed

Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](#)

Who does not need to quarantine?

If you came into close contact with someone with COVID-19 and you are in one of the following groups, you do not need to quarantine.

- You are ages 18 or older and have received all [recommended vaccine doses](#), including [boosters](#) and [additional primary shots](#) for some immunocompromised people.
- You are ages 5-17 years and completed the [primary series](#) of COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (you tested positive using a [viral test](#)).

Who should quarantine?

If you come into close contact with someone with COVID-19, you should quarantine if you are in one of the following groups:

- You are ages 18 or older and completed the [primary series](#) of recommended vaccine, but have not received a [recommended](#) booster shot when eligible.
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a [recommended](#) booster shot.
- You are not vaccinated or have not completed a [primary vaccine series](#).

<p>IF YOU Were exposed to COVID-19 and are NOT <u>up-to-date</u> on COVID-19 vaccinations</p>	<p>Quarantine for at least 5 days</p> <p>Stay home Stay home and quarantine for at least 5 full days.</p> <p>Wear a well-fitted mask if you must be around others in your home.</p> <p>Get tested Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p>After quarantine</p> <p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public <i>and for all school sponsored activities</i>. Do not go to places where you are unable to wear a mask.</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk</p>
<p>IF YOU Were exposed to COVID-19 and are <u>up-to-date</u> with vaccination</p>	<p>No quarantine</p> <p>You do not need to stay home unless you develop symptoms.</p> <p>Get tested Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public <i>and for all school sponsored activities</i>. Do not go to places where you are unable to wear a mask.</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk</p>
<p>IF YOU Were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)</p>	<p>No quarantine</p> <p>You do not need to stay home unless you develop symptoms.</p>	<p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a mask</p> <p>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public <i>and for all school sponsored activities</i>. Do not go to places where you are unable to wear a mask.</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk</p>

When to Stay Home (Continued)

If You Are Sick or Test Positive

Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, or wear a [well-fitting mask](#) when they need to be around others. People in isolation should stay in a specific "sick room" or area and use a separate bathroom if available.

<p>IF YOU Tested positive for COVID-19 or have symptoms, regardless of vaccination status</p>	<p>Stay home for at least 5 days Stay home for 5 days and isolate from others in your home.</p> <p>Wear a well-fitted mask if you must be around others in your home.</p>	<p>Ending isolation if you had symptoms End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.</p> <p>Ending isolation if you did NOT have symptoms End isolation after at least 5 full days after your positive test.</p> <p>If you were severely ill with COVID-19 You should isolate for at least 10 days. Consult your doctor before ending isolation.</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public and for all school sponsored activities. Do not go to places where you are unable to wear a mask.</p> <p>Wear a mask</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk.</p>
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For questions related to COVID-19, clarification of guidelines, or to report an exposure or case of COVID-19, please contact Pandemic Coordinator, Jennifer Dame - JDame@frederick.edu or via phone at 301.624.2739.

Please note specific vaccination and/or COVID testing policies may be required from programs with Clinical Education experiences based on the policies of our clinical partners.