



## 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.

## Quarantine and Isolation Guidelines

Please refer to CDC's Isolation and Quarantine page [HERE](#).


**If you test POSITIVE for COVID-19**  
(regardless of vaccination status)


 **Day 1-5**  
Stay home

 **Day 6-10**  
Wear a mask


*End isolation after 5 full days if you are fever-free for 24 hours and your symptoms are improving.  
Report positive cases to Pandemic Coordinator Jennifer Dame at [jdame@frederick.edu](mailto:jdame@frederick.edu) or 301.624.2739.*


**If you were EXPOSED to COVID-19**  
and you are BOOSTED


 **Day 1-10**  
Wear a mask


 **Day 5**  
Test if possible

**If you were EXPOSED to COVID-19**  
and you are unvaccinated OR vaccinated more than 5 months ago with Pfizer or Moderna or more than 2 months ago with Johnson & Johnson

 **Day 1-5**  
Stay home

 **Day 5**  
Test if possible

 **Day 6-10**  
Wear a mask

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## Questions?

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](mailto: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.