

Eureka College
Fall 2022 Back to Campus Plan
Quarantine & Isolation Protocol

Definition of Key Terms

The following terms will be referenced throughout this document and may be understood according to the definitions below.

Close contact

Close contact describes any interaction or exposure where people are fewer than 6 feet from one another for 15 minutes or longer and without an appropriate face covering.

Indirect exposure

Indirect exposure is a term used to describe the type of interaction a person had with someone diagnosed with COVID-19. It may include one or both of the following types: (1) Any interaction with a COVID positive person where there was no close contact or (2) Any interaction with a person who was in close contact with someone diagnosed with COVID-19.

Isolation

Isolation is the mandate that applies to people who test positive for COVID-19, regardless of vaccination status, and with or without symptoms. Isolation also applies to those who are sick with symptoms consistent with COVID-19 who believe they may have COVID-19. Face-to-face interactions of all kind with people and pets should be avoided, even in your own home, if possible. The isolation period is 5 days from the first day the symptoms appeared or 5 days from a positive test (whichever is earlier). The day you were tested or the day of symptom onset is considered Day 0. Day 1 of isolation is considered to be the day after you test positive or the day after symptom onset. In addition, ending isolation requires at least 24 hours with no fever or fever reducing medication and improvement in COVID-19 symptoms (see a list of symptoms below). After leaving isolation, individuals should wear a face mask around others while indoors through day 10 after testing positive or after symptoms started. Those in isolation are not allowed out of isolation housing or on campus (in the case of a commuter or employee) until all designated protocols have been followed to ensure a safe return to campus (see related sections below).

Protocols for remote learning and work apply. The College has identified isolation housing and alternative food options for residential students. Commuter students and employees should isolate at their residence.

Quarantine

According to the CDC, quarantining is the process of avoiding face-to-face interactions with others for a period of time to minimize possible transmission of COVID-19. New guidance from the CDC recommends close contacts wear a face mask around others instead of going into quarantine unless the individual is experiencing illness.

COVID-19 Symptoms

According to the CDC, some people with COVID-19 experience a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear **2-10 days after exposure to the virus**. People with these symptoms *may* have COVID-19:

- Fever or chills
- Shortness of breath or difficulty breathing
- Excessive Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you have any of the symptoms above, you should stay home and not risk exposing others to the illness, regardless of whether it is COVID-19, seasonal flu, or another illness.

COVID-19 Testing

Unlike the past two years, there will not be a COVID-19 testing location on campus. Individuals may use at-home rapid tests if they want or need to test for COVID-19. Individuals may order free COVID-19 tests from the government at this link: <https://www.covid.gov/tests>. Individuals may also get tested, or purchase at-home tests, at most pharmacies.

- 1) The State of IL mandate that unvaccinated individuals test weekly for COVID-19 has expired. Weekly testing is no longer required.
- 2) Random testing of individuals is no longer recommended by the CDC.

Quarantine and Isolation Protocol

The following guidelines apply to all individuals, regardless of vaccination status.

Quarantine & Face Masks

- 1) If you have been in close contact with a COVID-19 positive individual and have no symptoms, you should wear a mask around others for 10 days after exposure. No quarantine is needed unless symptoms develop. Individuals should test on day 5 if possible.
- 2) If you have been in close contact with a COVID-19 positive individual and develop symptoms of COVID-19, get tested and stay away from others until you know the result of the test. If you test positive, follow the isolation protocols below. If you test negative, wear a mask around others until 10 days after exposure.

Isolation & Face Masks

- 1) If you test positive for COVID-19, stay home or in campus isolation housing for at least 5 days and isolate from others.

- a. If you have no symptoms during those 5 days, you may end isolation after day 5.
 - b. If you have symptoms during those 5 days, you may end isolation after day 5 if you are fever-free for 24 hours (without the use of fever reducing medication) and if your symptoms are improving. If your symptoms have not improved, you should continue to isolate until they improve.
- 2) After you have ended isolation in the case of “a” or “b” above, you should wear a mask around others while indoors through day 10 after testing positive or from the onset of symptoms (whichever was earliest).
 - 3) If you end COVID-19 isolation, but your symptoms worsen, you should restart your isolation at day 0.

Testing Positive for COVID-19

- 1) Employees who test positive for COVID-19 must notify Human Resources and their supervisor as soon as possible. Faculty should notify the Provost’s office.
- 2) Students who test positive for COVID-19 must notify the Office of Student Life by e-mailing studentcovid@eureka.edu.

Additional Guidelines on Campus

If a positive case involves an employee, that person is expected to follow the above protocols for a positive diagnosis and the following procedures will be initiated:

- Employees who have been diagnosed with COVID-19 must isolate at their residence and follow the applicable time (minimum 5 days) and masking protocols described above before resuming campus activities and in-person work/teaching.
- Employees should work with their supervisors/Provost to determine a plan and expectations for working or teaching from home.
- Employees or students who were in close contact with the COVID positive employee must follow the applicable guidelines under the above sections.

If the positive case involves a residential student, that person is expected to follow the above protocols for a positive diagnosis and the following procedures will be initiated:

- Residential students who have been diagnosed with COVID-19 will immediately be moved to on-campus isolation housing.¹ Students in isolation housing must follow the applicable time (minimum 5 days) described above before resuming campus activities and in-person classes.
- If the positive student has a roommate, that roommate will need to follow the Quarantine & Mask protocol above.

¹ Commuter students who have been diagnosed with COVID-19 will be required to isolate at their home residence.

- Isolated students will be provided alternative food options. They will NOT be allowed to eat in the dining halls during the isolation period.
- Isolated students should work with their professors and use interactive learning technology, as appropriate, to participate in all class meetings.
- All students who live on the same floor as the student diagnosed with COVID-19 will be asked to closely monitor themselves for up to 10 days to ensure no COVID symptoms materialize. This assumes there has been no close contact.
- If a person who lives on the same floor has been in close contact with the student diagnosed with COVID-19, that student should follow the protocol for Quarantine & Masking.

If the positive case involves a commuter student, that person will be required to isolate at home and follow the protocols above for a positive diagnosis.

COVID-19 Questions and Support

Individuals with questions or concerns may reach out to the below contact:

- 1) Staff should reach out to the Human Resource department (hr@eureka.edu)
- 2) Faculty may reach out to the Human Resource department or the Provost office.
- 3) Students may reach out with questions to: studentcovid@eureka.edu