# TCNJ Quarantine & Isolation Protocol - Fall 2022

<table>
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<tr>
<th>TCNJ ROAR App</th>
<th>SYMPTOMATIC Tested (+)</th>
<th>ASYMPTOMATIC Tested (+)</th>
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<th>CLOSE CONTACT* vaccinated and unvaccinated; and regardless of a previous COVID-19 infection</th>
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<tr>
<td></td>
<td>Report your positive test in the ROAR app</td>
<td>Report your positive test in the ROAR app</td>
<td>No reporting required.</td>
<td>No reporting required.</td>
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</table>

## Masking

- **IMMEDIATELY** wear a surgical mask or respirator (e.g., N95, KN95, KF94) for **10 full days** any time you are around others inside your home/room or indoors in public.

  *Day 0 is the day you tested positive for COVID-19. Day 1 is your first full day after your positive test.*

## Isolation & Quarantine

### SYMPTOMATIC

- **ISOLATE IMMEDIATELY** for **5 FULL days** after the date of your positive test.

  *Day 0 is the date of your positive test. Isolation can end only after 5 full days (on Day 6).*

  **Ending Isolation:** You may end isolation after day 5 if you are fever-free for 24 hours (without the use of fever-reducing medicines) and any symptoms are improving. You must continue to mask for the full 10 days. If you still have fever or any other symptoms have not resolved/improved, you must isolate for another 5 full days.

### ASYMPTOMATIC

- **ISOLATE IMMEDIATELY** for **5 FULL days** after the date of your positive test.

  *Day 0 is the date of your positive test. Isolation can end only after 5 full days (on Day 6) assuming no symptoms develop.*

  **Ending Isolation:** You may end isolation after day 5 if you had NO symptoms. You must isolate for another 5 full days if you develop symptoms after day 5.

## CLOSE CONTACT*

- **No isolation/quarantine required.**
  - Do not come to work or class until you are fever-free for 24 hours without the use of fever-reducing medicine and symptoms are resolving/improving.
  - If you are a household or close contact for a person with COVID-19, follow the Close Contact protocol in the last column.

  *Close contact is defined as someone who was less than 6 feet away from a person with confirmed COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period.*

- You may end isolation only after **10 full days** assuming no symptoms develop.

  *Day 0 is the day of your last exposure to someone with COVID-19. Day 1 is your first full day after your exposure. Do not go places where you cannot wear a mask. If you live with a household positive case, day zero resets to the day they complete their 10 full days of restrictions.*

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Updated 8/23/2022

If you develop symptoms before the 5 days, **ISOLATE IMMEDIATELY**, get tested, & stay home until you know the result. See testing information below.
**TESTING**

|          | improved, talk to a healthcare provider for further guidance. | continue to mask for the full 10 days. | If you tested NEGATIVE on an antigen test (e.g., at-home COVID-19 self-test or at the TCNJ COVID-19 test site), retest again 48 hours later and remain masked until the second sequential negative test. If the test is POSITIVE, refer to the first column. | A COVID-19 TEST IS NEEDED on the 6th day* after your last exposure to a person with COVID-19.  
*If you live with a household positive case, day zero resets to the day they complete their 10 full days of restrictions.  
If the test is NEGATIVE, retest again 24-48 hours later. If the test remains negative and you do not have COVID-like symptoms, continue with precautions through day 10.  
If the test is POSITIVE, regardless of the presence or absence of symptoms, ISOLATE IMMEDIATELY and follow protocol in the first 2 columns.  
**If you tested positive for COVID-19 within the last 30 days, you should not test.  
**If you tested positive for COVID-19 within the last 31-90 days, use an antigen test (available at the TCNJ COVID-19 test site and at-home self-tests**) instead of a PCR test. If the test is negative, retest again 24-48 hours later.  
**At-home COVID-19 self-test results ARE acceptable. |

| There is no “Test Out Option” from the 5-day isolation or 10 day masking requirement. | There is no “Test Out Option” from the 5-day isolation or 10 day masking requirement. |  |

**If you have tested positive for COVID-19 in the last 90 days:** **Students:** Please upload to OWL a copy of your positive COVID-19 test report or a photo of your positive at-home self-test. **Employees:** Please email Human Resources with a copy of your COVID-19 test report or a photo of your positive at-home self-test.

**Resources:**

- Exposure to COVID-19
- COVID-19 Symptoms
- Isolation
- COVID-19 Testing
- Treatments and Medications
- Long COVID or Post-COVID Conditions

Updated 8/23/2022