

TCNJ QUARANTINE & ISOLATION PROTOCOL - FALL 2022

	SYMPTOMATIC Tested (+)	ASYMPTOMATIC Tested (+)	SYMPTOMATIC Tested (-)	CLOSE CONTACT* vaccinated and unvaccinated; and regardless of a previous COVID-19 infection
TCNJ ROAR App	Report your positive test in the ROAR app	Report your positive test in the ROAR app	No reporting required.	No reporting required.
MASKING	<p>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.</p> <p><i>*Day 0 is the day you tested positive for COVID-19. Day 1 is your first full day after your positive test.</i></p>	<p>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.</p> <p><i>*Day 0 is the day you tested positive for COVID-19. Day 1 is your first full day after your positive test.</i></p>	<p>Immediately wear a surgical mask or respirator (e.g., N95, KN95, KF94) when you are around others inside your home/room or indoors in public until you have tested negative on 2 COVID tests done 48 hours apart and your symptoms have improved. See below.</p>	<p>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.</p> <p><i>*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.</i> <i>If you live with a household positive case, day zero resets to the day they complete their 10 full days of restrictions.</i></p>
ISOLATION & QUARANTINE	<p>ISOLATE IMMEDIATELY for 5 FULL days* after the date of your positive test.</p> <p><i>*Day 0 is the date of your positive test. Isolation can end only after 5 full days (on Day 6).</i></p> <p>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 your symptoms are improving. You must continue to mask for the full 10 days. If you still have fever or your other symptoms have not</p>	<p>ISOLATE IMMEDIATELY for 5 FULL days* after the date of your positive test.</p> <p><i>*Day 0 is the date of your positive test. Isolation can end only after 5 full days (on Day 6) assuming no symptoms develop.</i></p> <p>If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset.</p> <p>Ending Isolation: You may end isolation after day 5 if you had NO symptoms. You must</p>	<ul style="list-style-type: none"> No isolation is 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. 	<ul style="list-style-type: none"> No isolation/quarantine is required. Do not go places where you are unable to wear a mask. For travel guidance, see CDC's Travel webpage Watch for symptoms (e.g., fever 100.4°F, cough, sore throat, etc.). If you develop symptoms before the 5 days, ISOLATE IMMEDIATELY, get tested, & stay home until you know the result. See testing information below.

	improved, talk to a healthcare provider for further guidance.	continue to mask for the full 10 days.		
TESTING	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 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.	<p>A COVID-19 TEST IS NEEDED on the 6th day* after your last exposure to a person with COVID-19.</p> <p><i>*If you live with a household positive case, day zero resets to the day they complete their 10 full days of restrictions.</i></p> <p>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.</p> <p>If the test is POSITIVE, regardless of the presence or absence of symptoms, ISOLATE IMMEDIATELY and follow protocol in the first 2 columns.</p> <p><i>If you tested positive for COVID-19 within the last 30 days, you should not test.</i></p> <p><i>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.</i></p> <p><i>**At-home COVID-19 self-test results ARE acceptable.</i></p>

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](#)