TCNJ ISOLATION & CLOSE CONTACT PROTOCOL FOR COVID-19

	SYMPTOMATIC Tested (+)	ASYMPTOMATIC Tested (+)	SYMPTOMATIC Tested (-)	CLOSE CONTACT* vaccinated and unvaccinated; and regardless of a previous COVID-19 infection * 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.

REPORTING	• **Employees:** Report your positive test to your supervisor & the date of your positive COVID test to H.R. at _covid-documentation-group@tcnj.edu_. **If you are a supervisor** of an employee who has tested positive, please let Human Resources know if the employee qualifies for remote work.
	• **Students:** Upload a photo of your positive COVID test to OWL. Be sure to include your name, PAWS ID #, and the date that you tested positive in the photo. Contact your professors and notify them of your absence for 5 days with day 0 being the date you tested positive. If you need additional support or assistance contacting your faculty for flexibility, please complete a CARE referral.
	    o _Residential Students:_ During College business hours, contact The Housing & Residential Education Office at 609-771-2301 to notify them of your positive test. Outside of College business hours, notify your CA or contact Campus Police at 609-771-2345 to notify them of your positive test.
			Individuals with even mild symptoms of COVID-19, which often mimic other conditions, are expected to stay home, notify their supervisor (employees), and **get tested for COVID-19.** Generally, you can return to your regular routine with negative COVID tests as described below in the "Testing" section _after the following additional criteria have been met:_
			    • At least 24 hours have passed _since last fever_ without the use of fever-reducing medications, and
			    • Symptoms have significantly improved. Remember that COVID-19 is not the only respiratory illness that is contagious to others. There are many other cold and flu-like viruses that can make others ill.
				No reporting necessary.

MASKING	Stay home! 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.*	Stay home! 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.*	Stay home! 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.	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 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*

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				complete their 10 full days of restrictions.
ISOLATION & QUARANTINE	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 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 improved, talk to a healthcare provider for further guidance.	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.* If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset. **Ending Isolation:** You may end isolation after day 5 if you had NO symptoms. You must continue to mask for the full 10 days.	● 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.	● 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.
TESTING	**There is no "Test Out Option" from the 5 full day isolation period or the 10 full days of wearing a high-quality mask when around others.**		If you tested NEGATIVE on an antigen test (e.g., home COVID-19 self-test), 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 test using an antigen test (e.g., home self-tests**). You should repeat the test every 24-48 hours. If you have no symptoms do not test. *If you tested positive for COVID-19 within the last 31-90 days, use an antigen test (e.g., home self-tests**) instead of a PCR test. Regardless of symptoms. If the test is negative, retest again 24-48 hours later.*

Resources:

- Exposure to COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html
- COVID-19 Symptoms: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html
- Isolation: https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html#when-to-isolate
- COVID-19 Testing: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html
- Treatments and Medications: https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html
- Long COVID or Post-COVID Conditions: https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html