

## **COVID-19 Protocols for Reading Area Community College Updated August 15, 2022**

### **Based on CDC isolation and precautions for People with COVID-19; Updated on the CDC website August 11, 2022**

#### **If You Test Positive for COVID-19 (Isolate)**

##### **Everyone, regardless of vaccination status.**

- Do not come to campus or participate in any in-person campus activities for 5 days. Day 0 is the day you are tested. Day 1 is the first full day following the day you were tested.
- If you have no symptoms or your symptoms have been gone for 24 hours, you may return to campus.
- Continue to practice strict masking for 5 additional days after your return to campus.

#### **If You Were Exposed to Someone with COVID-19 and do not have a continuing exposure to that person (Take precautions)**

##### **Everyone, regardless of vaccination status.**

- Practice strict masking around others for 10 days. Day 0 is the day of your last exposure to someone with COVID-19. Day 1 is the first full day after your last exposure.
- Test on day 5, if possible. The incubation period can take up to two weeks, so testing earlier than recommended may result in a false negative.

*If you develop symptoms, leave campus immediately. Notify the HR department (employees) or your instructor (students). Get a test if possible and stay home until your symptoms have been gone for 24 hours.*

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If You Were Exposed to Someone with COVID-19 and have a continuing exposure to that person e.g. someone living in your household; or if multiple people you live with test positive for COVID-19 at different times (Take precautions)

**Everyone, regardless of vaccination status.**

- Practice strict masking around others for at least 10 days, adding an additional five days AFTER the most recently infected member of the household is no longer in isolation status. Day 0 is the day of your **last** exposure to someone with COVID-19. Day 1 is the first full day after your **last** exposure.
- Test on day 5 after your first exposure, if possible.
- Test again 5 days after the end of isolation for the most recently infected member of the household, if possible.

*If you develop symptoms, leave campus immediately. Notify the HR department (employees) or your instructor (students). Get a test if possible and stay home until your symptoms have been gone for 24 hours.*

### Symptoms

Do not come to campus or participate in any in-person RACC activities with any of these symptoms, even if you don't think it's COVID

If you develop any symptoms while at RACC, please leave campus immediately, notify your supervisor (employees) or your instructor (students), and get tested as soon as possible. Isolate until you receive a negative test result, or until you are symptom-free for at least 24 hours.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea