

Cincinnati State COVID-19 Guidelines - Fall 2023

(Based on CDC guidelines updates on May 11, 2023)

I have tested positive for COVID-19:		I have been exposed to someone with COVID-19:
<p><u>If you have no symptoms:*</u></p> <p>Stay home for 5 days & notify College instructors/supervisor.</p> <p>Day 0 is the day you were tested.</p> <p>Day 1 is the first full day after you have tested</p> <p>Isolate (stay away from people who are not sick) until AFTER day 5.</p> <p>AFTER day 5 you may return to classes/work.</p> <ul style="list-style-type: none"> If you end isolation after day 5, wear an N95 or KN95 mask** until AFTER day 10. If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10. 	<p><u>If you have symptoms:*</u></p> <p>Stay home for at least 5 days & notify College instructors/supervisor.</p> <p>Day 0 is the day your symptoms started-- not the day you received a positive test result.</p> <p>Day 1 is the first full day after your symptoms started.</p> <p>Isolate (stay away from people who are sick) for at least 5 full days.</p> <p>AFTER day 5 you may return to classes/work If you are fever free for more than 24 hours without the use of fever reducing medication.</p> <ul style="list-style-type: none"> If you end isolation after day 5, wear an N95 or KN95 mask** until AFTER day 10. If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10. <p>Continue to isolate (stay home) until AFTER day 10 if you had moderate illness (fever plus difficulty breathing) or have a weakened immune system.</p> <ul style="list-style-type: none"> If you were hospitalized, consult your health care provider before returning to school/work. 	<p>Start precautions <u>immediately</u></p> <p>("Exposed" means within 6 feet of someone with COVID-19, for 15 minutes or more during a 24-hour period)</p> <p>Staying home is not required.</p> <p>Wear an N95 or KN95 mask** as soon as you find out you were exposed.</p> <p>Day 0 is the day of your last exposure to someone with COVID-19.</p> <p>Day 1 is the first full day after your last exposure.</p> <p>Continue wearing a mask and taking precautions for 5 full days. Test on day 6.</p> <p>Watch for symptoms*. If you develop symptoms:</p> <ul style="list-style-type: none"> Isolate immediately (stay away from people who are not sick) Get tested Stay home until you get the test result Follow the instructions for testing positive if your test is positive for COVID-19. If you test negative, continue wearing a mask and taking precautions until AFTER day 10 as you still may develop symptoms.

***Symptoms** can include: Fever above 100.4 degrees, new or worsening cough, body aches and/or chills, mild or moderate difficulty breathing, sore throat, vomiting or diarrhea, loss of ability to taste and/or smell. *(Loss of taste and/or smell may be a lingering symptom and should not delay the end of isolation.)*

**If you do not have an appropriate mask, these may be available in your Division or in Human Resources.