

UNIVERSITY of DUBUQUE

COVID-19 EXPOSURE GUIDANCE

IF YOU TEST POSITIVE FOR COVID-19 (ISOLATE)

Everyone, regardless of vaccination status:

- Stay home for five days.
- If you have no symptoms or your symptoms are resolving after five days, you can leave your house.
- Continue to wear a face covering around others for five additional days.

If you have a fever, continue to stay home until your fever resolves.

IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19 (QUARANTINE)

If you have been boosted, completed the primary series of Pfizer or Moderna vaccine within the last six months, or completed the primary series of J&J vaccine within the last two months:

- Wear a face covering around others for 10 days.
- Test on day five, if possible.

If you develop symptoms, get a test and stay home.

If you completed the primary series of Pfizer or Moderna vaccine over six months ago and are not boosted, completed the primary series of J&J over two months ago and are not boosted, or are unvaccinated:

- Stay home for five days. After that, continue to wear a face covering around others for five additional days.
- If you can't quarantine, you must wear a face covering for 10 days.
- Test on day five if possible.

If you develop symptoms, get a test and stay home.

HEALTH CONTACT INFORMATION

If you have flu-like symptoms or were exposed to COVID-19, call your health care provider and contact the following individuals:

UNIVERSITY OF DUBUQUE MAIN CAMPUS

Students: Smeltzer-Kelly Student Health Center
563.589.3360 | StudentHealthCenter@dbq.edu

Student-Athletes: Erin Barsema, athletics health care administrator
563.589.3857 | SEBarsema@dbq.edu

Faculty/Staff: Julie MacTaggart, director of human resources
563.589.3619 | JMacTaggart@dbq.edu

UNIVERSITY OF DUBUQUE LIFE - DUBUQUE

Everyone: Melissa Gunnleson, senior director for LIFE advising
563.589.3123 | MGunnleson@dbq.edu

UNIVERSITY OF DUBUQUE LIFE - CEDAR RAPIDS

Everyone: Karen Middleswarth, academic advisor at LIFE - Cedar Rapids
319.775.0204 | KMiddleswarth@dbq.edu

UNIVERSITY OF DUBUQUE LIFE - MERIDIAN

Everyone: Esteban Paredes, director of LIFE admission - Meridian
563.589.3902 | EParedes@dbq.edu

UNIVERSITY OF DUBUQUE LIFE - TEMPE

Everyone: Heidi Burks, academic director at LIFE - Tempe
480.845.0081 | HBurks@dbq.edu

This information is subject to change as information and understanding of COVID-19 evolves.

Source: The Smeltzer-Kelly Student Health Center and Centers for Disease Control and Prevention. Updated 01/04/2022.