– UNIVERSITY *of* DUBUQUE –

COVID-19 EXPOSURE GUIDANCE

	A PRIMARY EXPOSURE	B SECONDARY EXPOSURE	C TERTIARY EXPOSURE	D COMMUNITY EXPOSURE
What type of exposure am I?	You are suspected or have been confirmed as having COVID-19.	You had close contact with Person A. See Page 2 for definition.	You have been in contact with Person B.	Everyone.
Who do I report to?	**Main Campus Students:** Smeltzer-Kelly Student Health Center at 563.589.3360 or StudentHealthCenter@dbq.edu and your professors **Main Campus Student-Athletes:** Erin Barsema, athletics health care administrator, at 563.589.3857 or EBarsema@dbq.edu and your professors **Main Campus Faculty/Staff:** Julie MacTaggart, director of human resources, at 563.589.3619 or JMacTaggart@dbq.edu and your supervisor **LIFE Sites Students/Instructors/Staff:** Visit www.dbq.edu/covid-19 and click Health Contact Information for who to contact			
Can I be on campus or at a LIFE site?	Not allowed on campus or at a LIFE site. ** Residential students should remain in their residence halls and follow Office of Residence Life guidance.*	Not allowed on campus or at a LIFE site. ** Residential students should remain in their residence halls and follow Office of Residence Life guidance.*	Allowed on campus or at a LIFE site.	Allowed on campus or at a LIFE site.
Do I isolate, quarantine, or self-monitor?	Isolate, follow health care provider advice, and seek out a COVID-19 test if you haven't done so already.	Quarantine, follow health care provider advice, and seek out a COVID-19 test.	Self-monitor for symptoms for at least 14 days from last exposure to Person B. Should symptoms develop, contact the person listed in "Who do I report to?".	Always self-monitor and take your temperature before coming to campus or a LIFE site. If your temperature is 100.4 degrees or higher or you feel ill, stay home or in your residence hall.
Am I expected to work or attend class?	May work or attend class remotely provided you are able and your health care provider allows.	May work or attend class remotely provided you are able and your health care provider allows.	Work and attend class on campus or at a LIFE site as scheduled.	Work and attend class on on campus or at a LIFE site as scheduled.
When can I return to campus or a LIFE site?	May return only when cleared by a health care provider.	May return only after cleared by the person listed in "Who do I report to?".	Able to work or attend class on campus or at a LIFE site.	Able to work or attend class on campus or at a LIFE site.

This chart is subject to change as information and understanding of COVID-19 evolves. Updated December 2020.

DEFINITIONS

Close Contact:
Face-to-face contact within 6 feet with a person confirmed or suspected to have COVID-19 for 15 minutes or more starting from two days before illness onset (or, for asymptomatic individuals, two days prior to test) until the person was isolated.

Confirmed:
Tested positive for COVID-19.

Exposure:
Contact with a cause of, or possessing a characteristic that is a determinant of, a particular health problem.

Isolation:
Used to separate people infected with the COVID-19 virus from people who are not infected. Current Centers for Disease Control and Prevention (CDC) guidance states people should stay in isolation for 10 days since symptoms first appeared and be fever-free for 24 hours without the use of fever-reducing medication. University staff listed in "Who do I contact?" can help guide you through the isolation process if you have any questions.

Quarantine:
Used to keep someone who might have been exposed to COVID-19 away from others. The Centers for Disease Control and Prevention and the Iowa Department of Public Health provided additional options in December to shorten the length of quarantine in some situations. Under the new options, quarantine may end:

1. After 10 days without a COVID-19 test AND if the person has experienced NO symptoms during the 10-day period.
2. After 7 days with a negative COVID-19 test conducted no earlier than Day 5 from the last exposure AND if the person has experienced NO symptoms during the 7-day period.

The best way to protect yourself and others is to stay home for 14 days if you think you've been exposed to someone who has COVID-19. University staff listed in "Who do I contact?" can help guide you through the quarantine process if you have any questions.

Self-Monitor:
Check temperature at least twice daily and monitor for COVID-19 symptoms such as fever, dry cough, shortness of breath, loss of taste or smell, fatigue, and/or chills. Contact a health care provider should symptoms develop.

Suspected:
Not tested for COVID-19 but in isolation for suspected COVID-19 based on guidance from a medical provider.

UD MANTRA: PRACTICE COMMON SENSE

www.dbq.edu/COVID-19