

# If you test positive for COVID (Isolate)

## **Regardless of vaccination status**

- Stay home for 5 days and isolate yourself from others in your home
- Wear a well fitted mask if you have to be around others in your home

# Ending isolation if you had symptoms

End isolation after 5 full days if you are fever free for 24 hours (without the use of fever reducing medication) and your symptoms are improving. If you were severely ill and your symptoms are not improving CDC recommends isolating for at least 10 days.

# Ending isolation if you DID NOT have symptoms

End isolation after 5 full days after your positive test.

# Calculating Isolation

- To calculate your 5 day isolation period:
- Day 0 is your first day of symptoms or a positive test. Day 1 is the first full day after your symptoms develop. You can leave isolation after 5 full days.
- If you test positive and had no symptoms:
- Day 0 is the day of your positive test (based on the day you were tested) and Day 1 is the first full day after the test specimen was collected. You can leave isolation after 5 full days.

# Exposure to someone with COVID-19

- If you are exposed to a positive COVID-19 case regardless of vaccination status, it is recommended that instead of quarantining, wear a mask for 10 days and then test on day 5. (Day 0 is the day you were exposed. Day 1 is first day after exposure). If you develop symptoms: isolate immediately, get tested, stay home until you know the result.
- If you test negative, continue to take precautions until day 10.
- If you test positive isolate immediately for the recommended 5 days.
- If after 5 days you are fever free for 24 hours without the use of medication, and your symptoms are improving or if you never had symptoms, you may end isolation after day 5.
- Any questions, please contact the Director of Public Safety and Security 570-740-0305 or 570-740-0304 (dfawbush@luzerne.edu)

# Campus Reminders

- Masking is currently optional in all campus buildings and dedicated centers.
- Sanitizing wipes remain in all classrooms.
- Hand sanitizer stations remain in campus buildings.
- If experiencing COVID-19 symptoms: fever, cough, shortness of breath, sore throat, headache, congestion, body aches, loss of taste or smell, nausea, please do not report to campus. Stay home and contact your doctor to determine if a COVID test is needed.

# Campus Reminders

- If a faculty member or staff tests positive please contact the Director of Public Safety and Security and or the Human Resources Office.
- Contact info: 570-740-0305 or EXT 7305 or email: [dfawbush@luzerne.edu](mailto:dfawbush@luzerne.edu)
- If a student tests positive please contact the Director of Campus Safety and Security 570-740-0305 [dfawbush@luzerne.edu](mailto:dfawbush@luzerne.edu) Or contact Campus Security Office 570-740-0304.
- Website to order free at home COVID tests: (covidtests.gov) You can order up to 4 tests per household.
- Phone number to order at home COVID tests: 1-800-232-0233

