



# Procedures for Quarantine/Isolation

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# Reference

[www.sscok.edu](http://www.sscok.edu)

## **CDC Guidelines:**

- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

## **COVID-19 Report form:**

- <https://www.sscok.edu/covid19/Covidform.html>

## **Procedure Manual:**

- <https://www.sscok.edu/covid19/Fall2020SafetyProcedureManual.pdf>

# When to fill out the COVID-19 Report Form

**A) You have symptoms related to COVID-19.**

(If you are severely ill go straight to an emergency room or medical provider. You need to know if you have health insurance and have your information ready)

**B) You have been informed that you are a first-degree close contact of someone who tested positive for COVID-19**

**C) You tested positive for COVID-19.**

For any of the scenarios: A,B, or C

**Step 1:** Immediately self-isolate or quarantine according to CDC and HD guidelines.

**Step 2:** Fill out the COVID Report form on the homepage, [www.sscok.edu](http://www.sscok.edu)

**Step 3:** The COVID officer will receive your Report Form and contact you as quick as they can. Explain the situation thoroughly in your **Report Form**. They will help you decide if you need to get tested and how to get to the testing facility.

**Step 4:** The Oklahoma Health Department will decide whether you need quarantine/isolation and for how long. (The COVID Officer does not decide these although the COVID officer sends you the dates. The COVID Officer contacts the Seminole Health Department about the cases and they make recommendations to us.)

**Step 5:** The COVID officer will work with the Health Department to track and notify your first-degree close contacts if you are positive. Have these names ready and their contact information.

**Step 6:** Notify your Direct Supervisor and HR. The COVID-19 Officer does NOT deal with your leave paperwork at all.

(The COVID Officer can answer any questions about CDC or HD guidelines but will not give you a medical diagnosis, medical advice, or medical therapy. You must talk with your Medical Provider or the Health Department for these.)

# Quarantine

- Explained in FAQs
- 14 days from last contact with positive person.
- Reduced quarantine time will be determined by the Health Department.
- Could be back in 7 days from the day you last had contact with the positive person.
- If you have any symptoms during quarantine talk with your medical provider. They will most likely recommend getting tested.
- You are not required to present a negative test in-order to return to campus!

# Ending Quarantine

- You will need documentation from your medical provider (whether that be your Family physician, the Health Department or any other facility).
  - The document must state **your name** and **the date you can end quarantine**.
- Once the COVID Officer receives this documentation they will send it to HR. You are not to return to campus until this document is received.
- If you have trouble getting this document, please ask for advice from the COVID-19 Officer. The Seminole Health Department works closely with us, so they are the BEST ones to call for this documentation.



# Positive for COVID-19 - Isolation

- Isolate for 10 days starting from symptom onset or from nose swab.
- Ending isolation when you had COVID-19 is no different.
- We do NOT require a negative test because you can be positive when tested but not be contagious.
- Must have no **Fever** for the last 3 days of isolation.
- You may still have other symptoms, but the Health Department will not give you a document until they assess your symptoms and determine that you are not contagious.

# Ending Isolation

- We do NOT require a negative test, because you can be positive when tested but not be contagious.
- Must have no **Fever** for the last 3 days of isolation.
- You may still have other symptoms, but the Health Department will not give you a document until they assess your symptoms and determine that you are not contagious.
- You always need to have this document from the Health Department sent to HR or the COVID Officer before returning to campus.

# Symptoms

- Some people with suspicious symptoms will get tested and turn up negative.
- They must present a negative test before returning to campus.