

# Guidance for QUARANTINE

If you have been in close contact with someone who has been diagnosed with COVID-19, you will be notified and required to Quarantine. Here is some information about what that means.



Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

People in quarantine should:

- Stay home;
- Separate themselves from others;
- Monitor their health;
- Follow directions from their state or local health department.

Here are some frequently asked questions about Quarantine. If you have additional questions, contact Student Health Services by calling (phone) or emailing [StudentHealth@stevenscollege.edu](mailto:StudentHealth@stevenscollege.edu).

## Who needs to quarantine?

People who have been in close contact with someone who has COVID-19.

## I already had COVID-19. Do I still need to quarantine because I had close contact with someone who has COVID-19?

At this time, it is not known if someone can be re-infected with COVID-19. Data to date show that a person who has had and recovered from COVID-19 may have low levels of virus in their bodies for up to 3 months after diagnosis. This means that if the person who has recovered from COVID-19 is retested within 3 months of initial infection, they may continue to have a positive test result, even though they are not spreading COVID-19. If you have had COVID-19 in the past three months prior to being directed to quarantine, you will be asked to discuss your individual circumstances with Student Health Services.

## What counts as “close contact?”

“Close contact” is defined as:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more;
- You had direct physical contact with the person who has been diagnosed with COVID-19; (hugged or kissed them);

- You shared eating or drinking utensils, or shared living space;
- They sneezed, coughed, or somehow got respiratory droplets on you or near you.

## What are the steps I should take to quarantine?

- Stay home and monitor your health;
- Stay home for 14 days after your last contact with a person who has COVID-19;
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19;
- Stay away from others, especially people who are at higher risk for getting very sick from COVID-19

## How do I know when the quarantine period is over and I can return to me dorm/shop?

- You should stay home for 14 days after your last contact with a person who has COVID-19. Health Services will provide a return date when you are informed of your need to quarantine because of a potential exposure.

## Can't I just get a test to see if I have COVID-19 and return to my dorm/shop?

- No, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

## How do you determine the date my quarantine will end and I can return to campus?

- Your last day of quarantine is 14 days from the date you had close contact.

The CDC recommends that all people, whether or not they have had COVID-19, take steps to prevent getting and spreading COVID-19. Wash hands regularly, stay at least 6 feet away from others whenever possible, and always wear masks.