

LRCCD COVID-19 Decision Charts– Employees/Students Rev. 8-8.22 Risk Mgmt./SHWC

Following CDPH Guidelines <https://www.dir.ca.gov/dosh/coronavirus/COVID19FAQs.html#iso>

The following is for managers, supervisors, and athletic trainers to determine next steps for employees, students, and athletes when close contact or testing positive.

Please do not email this chart to employees or students. The information below is also part of the close contact notification template.

1. Close Contact Exposure to Someone with COVID-19 (No Quarantine)	Recommended Action
<ul style="list-style-type: none"> • Everyone, regardless of vaccination status. • <u>Are Asymptomatic.</u> • Persons infected within the prior 90-days do not need to be tested, quarantined, or excluded from campus unless symptoms develop. • CDPH Definition: Close Contact is defined as someone <u>sharing the same indoor airspace</u> (e.g., home, waiting room bathrooms, breakrooms, eating areas, work areas and rooms with open doors that connect to such spaces, etc.) for a cumulative total of 15 minutes or more over a 24-hour period during an infected person’s infectious period. 	<ol style="list-style-type: none"> 1. Can return to campus but must wear a mask around others for a total of 10 days after exposure. 2. Masking: wear a respirator (N95, KN95, KF94) or surgical mask. No cloth masks. 3. Test within 5 days after last exposure 4. If symptoms develop, stay home for 5 days from onset of symptoms returning to campus on the 11th day. 5. Isolation can end after day 5 (from start of symptoms or positive test which ever came first) if symptoms are not present or are resolving AND an antigen (or PCR) test collected on day 5 or later is negative. 6. Can return to campus, if above is completed and must wear a well-fitting mask indoors from days 6-10 days. Masking: wear a respirator (N95, KN95 or KF94 mask) or surgical mask. No cloth masks. 7. If unable to test or choosing not to test, stay home and isolate must continue for 10 days. 8. If fever persists, isolation should be continued until fever has been gone for 24 hours without the use of fever reducing medications. 9. If testing positive, follow isolation recommendations below (Chart 2). 10. Testing should be completed by a self-administered Antigen test. These are free for pick up on college campuses (Health Services Mon-Thu 8:30 AM until closing) for Los Rios students and employees. Please show your college WID badge for test kit pick up. You are required to submit your test date and results in your LRCCD E-Services Account: Student Homepage then click COVID-19 Vaccination Status or Employee Self-Service then click COVID-19 Vaccination Status. <i>You may also choose to take a PCR test however PCR testing is no longer a requirement.</i> Antigen testing is preferred. 11. Absence reporting for employees: please check with your manager/supervisor. 12. Employees: please keep your manager/supervisor updated. 13. Students advise your instructor and/or coach.

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<ul style="list-style-type: none"> • Employees and students who are Symptomatic <p><i>Using a COVID-19 Antigen At-Home Test is preferred for symptomatic employees/students who have tested positive within the previous 90 days.</i></p>	<ol style="list-style-type: none"> 1. Please stay home for at least 5 days after start of symptoms or after date of first positive test if no symptoms. 2. Isolation can end after day 5 (from start of symptoms or positive test which ever came first) if symptoms are not present or are resolving AND an antigen (or PCR) test collected on day 5 or later is negative. 3. If unable to test or choosing not to test, stay home and isolate must continue for 10 days. 4. Can return to campus, if above is completed and must wear a well-fitting mask indoors from days 6-10 days. Masking: wear a respirator (N95, KN95 or KF94 mask) or surgical mask. No cloth masks.
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2. Persons Who Test Positive for COVID-19 (ISOLATION)	Recommended Action
<p>Everyone, regardless of vaccination status, previous infection, or lack of symptoms.</p> <p><i>Symptoms resolving or improving means cough, sore throat, or other COVID symptoms. No fever within the last 24 hours without fever reducing medicine.</i></p> <p>What is the "infectious period"? For COVID-19 cases who develop COVID-19 symptoms, the "infectious period" is from two days before they first develop symptoms until 10 days after symptoms first appeared, and 24 hours have passed with no fever, without the use of fever-reducing medications, and symptoms have improved.</p> <p>For COVID-19 cases who test positive but never develop COVID-19 symptoms, the "infectious period" is from two days before until ten days after the specimen for their first positive test for COVID-19 was collected.</p> <p>The definition of "infectious period" will change if CDPH changes its definition in a regulation or order.</p>	<ol style="list-style-type: none"> 1. Please stay home for at least 5 days after start of symptoms or after date of first positive test if no symptoms. 2. Isolation can end after day 5 (from start of symptoms or positive test which ever came first) if symptoms are not present or are resolving AND an antigen test (or PCR) collected on day 5 or later is negative. 3. Can return to campus, if above is completed and must wear a well-fitting mask indoors from days 6-10 days. Masking: wear a respirator (N95, KN95 or KF94 mask) or surgical mask. No cloth masks. 4. Testing should be completed by a self-administered COVID-19 at-home Antigen test. These are free for pick up on college campuses (Health Services Mon-Thur 8:30 AM until closing) for Los Rios students and employees. Please show your college WID badge for test kit pick up. You are required to submit your test date and results in your LRCCD E-Services Account: Student Homepage then click COVID-19 Vaccination Status or Employee Self-Service then click COVID-19 Vaccination Status. <i>You may also choose to take a PCR test however PCR testing is no longer a requirement.</i> Antigen testing is preferred. 5. If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10, returning to campus on the 11th day. 6. If fever is present, isolation should be continued until fever has been gone for 24 hours without the use of fever reducing medications. 7. If symptoms, other than fever, are not resolving or improving, continue to isolate until they are improving. 8. Infected persons must wear a well-fitting mask around others for a total of 10 days, especially in indoor settings. Masking: wear a respirator (N95, KN95 or KF94 mask) or surgical mask. No cloth masks.

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