

# HEALTH & SAFETY GUIDELINES

*Updated January 22, 2022*

## What to do if you have COVID-19

### Hard Quarantine for 5 days regardless of symptoms or vaccination status:

- Stay home and away from others in your household.
- Contact the SSU Health Team through the SSU App or by emailing [covid19@shawnee.edu](mailto:covid19@shawnee.edu) for guidance and assistance with quarantine housing for students.
- Wear a KN95 mask if you can't stay away from other people.



Do you have **a fever** or **other symptoms that haven't started to get better on Day 6?**  
Does your **fever continue to return unless you are medicated?**

**YES**



### Continue Hard Quarantine:

- Stay home until your fever is gone without fever-reducing medication.
- Once symptoms are resolved, soft quarantine for 5 days. See guidance for soft quarantine. →

**NO**



### Soft Quarantine for Additional 5 days:

- Wear a KN95 mask at all times when not at home or around others.
- Do not eat around others. Pick up food and eat alone or outdoors.
- Refrain from activities that increase respiration while around others (exercise, singing, cheering, playing an instrument).

If you are having symptoms of COVID-19 and waiting for your test results, **stay home until you get results.**

# What to do if you have been exposed to someone who has COVID-19

- Have you received a **booster dose of any COVID-19 vaccine?**

**OR**

- Have you completed the primary series of **Pfizer or Moderna vaccine less than six months ago?\***

**OR**

- Have you completed the primary series of **Johnson & Johnson vaccine less than two months ago?\***

**YES** I am up-to-date.



**NO** I am unvaccinated or not up-to-date.



## **Soft Quarantine for 10 days after your last exposure:**

- Test before releasing from soft quarantine.
- Wear a KN95 mask at all times when not at home or around others.
- If you develop symptoms or test positive, stay home.

## **Hard Quarantine for 5 days:**

- Stay home and away from others.

## **Soft Quarantine for additional 5 days after your last exposure:**

- Wear a KN95 mask at all times when not at home or around others.
- Test on the transition day from hard quarantine to soft quarantine. Test again before releasing from soft quarantine.
- If you develop symptoms or test positive, stay home.

\*If you received your vaccination outside of the timeframe, we will offer a “grace period” provided you schedule an appointment to receive your booster.

Individuals who are not up-to-date and attend a course in a non-lecture hall classroom where a person subsequently tests positive are considered exposed and must quarantine unless they were wearing a fitted N-95 mask and goggles during the entire class period in question.

# What to do if you live with someone who is COVID-19 Positive and are unable to fully isolate (no shared spaces, including bathroom and kitchen):

- Have you received a **booster dose of any COVID-19 vaccine?**

**OR**

- Have you completed the primary series of **Pfizer or Moderna vaccine less than six months ago?\***

**OR**

- Have you completed the primary series of **Johnson & Johnson vaccine less than two months ago?\***

**YES** I am up-to-date.



**NO** I am unvaccinated or not up-to-date.



## **Hard Quarantine for 5 days or until the positive person living with you has moved to Soft Quarantine:**

- Stay home and away from others during hard quarantine phase.

## **Soft Quarantine for additional 10 days:**

- Test daily in the 12 hours before coming to campus.
- Wear a KN95 mask at all times when not at home or around others.
- If you develop symptoms or test positive, stay home.

## **Hard Quarantine for 5 days or until the positive person living with you has moved to Soft Quarantine:**

- Stay home and away from others.

## **Soft Quarantine for additional 10 days:**

- Wear K95 mask at all times when around others, avoid activities that increase respiration.
- Test daily in the 12 hours before coming to campus during soft quarantine phase.
- If you develop symptoms or test positive, stay home.

\*If you received your vaccination outside of the timeframe, we will offer a “grace period” provided you schedule an appointment to receive your booster.