



## COVID-19 EXPOSURE GUIDANCE

### PRIMARY EXPOSURE

If **you** are suspected or have been *confirmed*<sup>1</sup> as having Covid-19, the Covid-19 Delta variant or any other Covid-19 variant.

- And are presenting with symptoms, LLTC recommends lab tests, upon a positive test we recommend a 5 day quarantine
  - Day 1 starts at the first full day of symptoms
  - On day 5 retest for covid, if still positive it is recommended to quarantine for 5 more days and then retest again
  - If asymptomatic but test positive for covid, its recommend to quarantine for five days or a negative test 24 hours after testing positive while still having no symptoms
- Self-quarantine and isolate<sup>2</sup> and follow the directions of your healthcare provider
- Notify your direct supervisor and Human Resources

### SYMPTOMS WHILE ON CAMPUS

- If you develop symptoms while on campus, notify your supervisor (if you are an employee) or instructor or a college staff/faculty member immediately (if you are a student). Immediately separate yourself from all other students, faculty, and staff. After informing the college go home or to a healthcare facility, depending on how severe the symptoms are.

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<sup>1</sup> Confirmed means tested positive or is/are in isolation per healthcare provider guidance.

<sup>2</sup> Per CDC definitions, you **quarantine** when you might have been exposed to the virus. You **isolate** when you have been infected with the virus, even if you don't have symptoms.

\*Updated August 2022