These guidelines are current as of 7-20-21 but are subject to change based on CDC, state and University updates.

Return to Work/School Guidelines

**SITUATION I**
Individual is COVID-19 POSITIVE

**SITUATION II**
Individual has had effective contact² with a confirmed COVID-19 + person. You are excluded from below if:

- You are fully vaccinated and without symptoms³
- You have had COVID-19 within the past 3 months and are without symptoms

**SITUATION III**
Individual has had effective contact² with a possibly COVID-19 + person excluding:

- Individuals who are fully vaccinated³
- Individuals who have had COVID-19 within the past 3 months

---

**Individual is symptomatic:**
1. Self-isolation for Rule of 24/10
   a. At 24 hours since recovery¹ and
   b. At least 10 days since symptoms first appeared

**Individual is/remains asymptomatic:**
1. 10 day self-isolation from positive test date (Day 0)

---

¹Recovery is defined as resolution of fever without the use of fever-reducing medications AND symptoms improving/resolved.

²Effective contact is defined as contact within 6 feet for a cumulative total of 15 minutes or more over a 24 hour period, with or without a mask, starting from 48 hours before symptoms (or 48 hours before test date if asymptomatic); direct physical contact (hug or kiss); providing care to a sick, COVID-positive person; sharing eating or drinking utensils; or if the person sneezed, coughed, or otherwise got respiratory droplets on you.

³Fully vaccinated is 2 weeks after the second dose in a 2-dose series (e.g. Pfizer or Moderna vaccines), or 2 weeks after a single-dose vaccine (e.g. Johnson & Johnson’s Janssen vaccine).

⁴Additional Criteria Required for Shortened Quarantine Approval: For 14 days (from last effective contact) 1) daily symptom monitoring; 2) correct and consistent mask use; 3) social distancing; 4) hand and cough hygiene; 5) environmental cleaning and disinfection; 6) avoiding crowds; 7) ensuring adequate indoor ventilation [https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

When you have been fully vaccinated: [https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html)