

# Return to Campus Guide

## COVID Like Illness

### Isolate until at least:

24 hours after fever resolves without use of fever reducing medication

AND

You no longer have symptoms\*

OR

Health Care Provider note approves return to campus

\*If symptoms last longer than 24 hours, you may return with a negative COVID test.

## COVID Like Illness (CLI) Symptoms

- |   |  |
|---|--|
| <input type="checkbox"/> Fever ( $\geq 100.4^{\circ}\text{F}$ ) or chills | <input type="checkbox"/> Congestion or runny nose      |
| <input type="checkbox"/> Shortness of breath or difficulty breathing      | <input type="checkbox"/> Nausea, vomiting, or diarrhea |
| <input type="checkbox"/> Muscle or body aches                             | <input type="checkbox"/> Headache                      |
| <input type="checkbox"/> New loss of taste or smell                       | <input type="checkbox"/> Fatigue                       |
| <input type="checkbox"/> Cough (new, changed, or worsening)               | <input type="checkbox"/> Sore throat                   |

## Diagnosed w/COVID-19

- Stay Home
- Notify [covid@lowercolumbia.edu](mailto:covid@lowercolumbia.edu)
- Staff Telework if possible
- Isolate regardless of vaccination status

Individuals may return to campus after 5 full days of isolation if:

- Symptoms have improved or you are asymptomatic, AND you are without a fever for the past 24 hours without use of fever-reducing medication

If returning to campus after day 5:

- Wear a well-fitted mask during days 6-10 of your isolation period, OR
- Test negative with an antigen or at-home test any day after day 5. Testing beyond day 10 is not necessary.

## Close Contact of a Confirmed Case

You may return to campus, monitor for symptoms.

Note: For travel guidance, see [CDC recommendations](#).

Questions? Contact: [covid@lowercolumbia.edu](mailto:covid@lowercolumbia.edu) | [hr@lowercolumbia.edu](mailto:hr@lowercolumbia.edu) | 360-442-2120 (HR)

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