# SMHS General Protocols for COVID-19 Illness, Testing, Reporting and Quarantine

## Preamble:

This document is presented as a fundamental guideline to help SMHS students when they become ill. Rather than being comprehensive, this document represents a place to start for students' questions, containing hyperlinks from where the information was taken. The information summarized here was found on the UND COVID-19 response website, which further references the ND DoH and CDC websites. If a student reading these guidelines has further questions/concerns regarding their illness and what to do next, they are asked to contact Student Health Services (701.777.4500), the Altru Hotline (701.780.6358) or their personal healthcare provider and follow their recommendations. Furthermore, these guidelines are not meant to usurp the current protocols in place for our specialized spaces in the SMHS facilities such as the gross anatomy lab, the therapy labs, the physical examination practice rooms, and the Simulation Center. Finally, every effort will be made to keep this document up to date as the UND response towards the COVID-19 pandemic changes.

## If you are ill:

- Do not attend classes or clinical/fieldwork experiences until you have a negative PCR test for COVID-19 (SARSCoV-2 Virus).
- Check for symptoms of COVID-19. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms during this time period.

- People with COVID-19 may have these "new onset or worsening" symptoms:
    - Fever or chills
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache
    - New loss of taste or smell
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting
    - Diarrhea
- Check symptoms with self-checker

## Who should get tested:

- People who have symptoms of COVID-19.  Both vaccinated and unvaccinated individuals with symptoms should obtain testing.

- People who have come into close contact with someone with COVID-19 should be tested to check for infection:
    - Fully vaccinated people should be tested 5–7 days after their last exposure.
    - People who are not fully vaccinated should get tested immediately when they find out they are a close contact. If their test result is negative, they should get tested again 5–7 days after their last exposure or immediately if symptoms develop.

- People who have been asked or referred to get tested by UND, Altru Hotline, Grand Forks or North Dakota Health Departments.

## University Reporting for Students with COVID-19 or Identified as Close Contact

**All** students are asked to report if they have tested positive for COVID-19 and are advised to isolate or have been identified as a close contact and are advised to quarantine. Students who are currently at a remote site outside of the Grand Forks main campus, should also report to the employee health department of the clinical site where they are learning/training. Health Sciences students at a remote site may report to their clinical/fieldwork instructor if an employee health department is not available. Medical students at a remote site at which there is no employee health department should contact their Campus Dean for guidance.

- UND's Office of Student Rights & Responsibilities (OSRR) will coordinate UND's efforts (2 options).
  - Online Reporting Form
  - Call OSRR; 701.777.2664

UND students advised to isolate, or quarantine will **not be allowed on UND property**, or in UND workspaces during their isolation or quarantine period, with exception of those living in UND apartments, or for COVID-19 testing and/or medical care.

Students who are identified as close contact of a positive COVID-19 case who do not cooperate and/or respond to contact tracing will **not be allowed on campus** until they speak with a contact tracer or until their recommended quarantine period ends.

## When Can You be Around Others After You Had or Likely Had COVID-19

### For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had close contact with someone with COVID-19 should quarantine for 14 days **after their last exposure** to that person, except if they meet the following conditions:

- Someone who has been fully vaccinated and shows no symptoms of COVID-19 does not need to quarantine. However, fully vaccinated close contacts should:
  - Wear a mask indoors in public for 14 days following exposure or until a negative test result.
  - Get tested 5-7 days after close contact with someone with suspected or confirmed COVID-19.
  - Get tested and isolate immediately if experiencing COVID-19 symptoms.

- Someone who tested positive for COVID-19 with a viral test within the previous 90 days **and** has subsequently recovered **and** remains without COVID-19 symptoms does not need to quarantine. However, close contacts with prior COVID-19 infection in the previous 90 days should:
  - Wear a mask indoors in public for 14 days after exposure.
  - Monitor for COVID-19 symptoms and isolate immediately if symptoms develop.
  - Consult with a healthcare professional for testing recommendations if new symptoms develop.

### For anyone who thinks or knows they had COVID-19, and had symptoms

You can be around others after:
- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Note that these recommendations **do not** apply to people with severe COVID-19 or with weakened immune systems (immunocompromised).

**For anyone who tested positive for COVID-19 but had no symptoms**

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.

If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID-19, and I had symptoms."

**For anyone who are severely ill with COVID-19 or have a weakened immune system (immunocompromised) caused by a health condition or medication.**

People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. People with weakened immune systems may require testing to determine when they can be around others. Talk to your healthcare provider for more information. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

People who are immunocompromised should be counseled about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to follow current prevention measures (including wearing a mask, staying 6 feet apart from others they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people should also be encouraged to be vaccinated against COVID-19 to help protect these people.