

RESPONSIBLE RAIDERS

What to do if you were exposed to COVID-19

You were exposed to someone with COVID-19 while they were infectious (able to spread the virus). Now, you are required to quarantine.

Definitions

Exposed

Exposed means you were likely within 6 feet of a person with COVID-19 for 15 minutes or more, and therefore, you could develop the virus.

Quarantine

Quarantine means that you must isolate at home for 14 days, starting from the last day you were exposed to the person with COVID-19. Someone from Public Health or student health services will call you and tell you the dates you should quarantine. As much as possible, stay 6 feet away from others in your home/dorm room/apt. Do not go to school, to church, to the store, or to any gathering. You may go outside for fresh air and exercise but should stay more than 6 feet away from others at all times. You should wear a mask in indoor spaces outside of your room. Call your healthcare provider if you develop symptoms and tell them you have a known exposure to COVID-19.

Instructions for students who are in quarantine in your apartment/dorm room

You will be contacted by Michael Simmelink, COVID Coordinator, (michael.simmelink@nwciowa.edu or 712-441-5452) who will provide you with a link to order your meals online.

- Meals for the following day must be ordered by midnight the evening before.
- As long as you do not have symptoms, you can pick up your own meals from the rear of the caf. Be sure to wash your hands and wear a mask when you go out. Meals must be picked up at 8 am (breakfast), 12 pm (lunch), and 5:30 (dinner).
- Meals will be packaged in brown paper sacks. Use that sack to dispose of your meals in the outside dumpster. Please wear a mask when disposing your garbage outside your room.
- Meals that exceed your meal plan allowance will be charged on a per-meal basis. Flex dollars can be used to pay for meals that exceed your meal plan allotment.

Testing

If you were exposed to someone with COVID-19 you can discuss with your healthcare provider if he/she thinks you should get tested at your local clinic or you can visit testiowa.com to find a test site near you.

Northwestern may be able to connect you with a free COVID test. You must wait at least 48 hours after your exposure to get tested.

- If you get tested and your result is **negative**:
 - You must continue to quarantine for the full 14 days (a negative result tells you that you do not have COVID-19 on the test date, but it does not guarantee that you will not develop COVID-19 during the rest of your 14 day quarantine)
- If you get tested and your result is **positive**:
 - Isolate at home and notify your school that you had a positive test for COVID-19. Someone from Public Health and/or Student Health Services will call you.

If you've had COVID-19 before

If you had a positive COVID-19 test within the last 3 months, you do not need to quarantine. Instead, you should monitor yourself for symptoms for 14 days. If you develop symptoms during the 14 days, you should isolate again and contact your healthcare provider. Let them know about your recent exposure and ask if he/she thinks you should be tested again.