



RESPONSIBLE RAIDERS

What to do when you are quarantined due to contact with someone with COVID-19

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 means that you must stay away from others for 10 days, starting from the last day you were exposed to the person with COVID-19. A COVID Medical Responder will update your Raider Check to show the dates you should quarantine.

Quarantine requirements **do not apply** if the infected person and the close contacts were both consistently and correctly masked during the entire time of contact, or if that contact happened in a masked and physically-distanced classroom.

In quarantine, please follow these guidelines:

- As much as possible, stay 6 feet away from others in your home/dorm room/apt. Do not go to class, church, the store, or any gathering.
- You may go outside for fresh air and exercise, go to the cafe during designated times, and watch your athletic practice from a significant distance. Any time you leave your room, stay more than 6 ft away from others and wear a mask.
- If you share a room with someone who is not quarantined, please wear a mask at all times.
- Continue to complete your daily screenings on Raider Check while in quarantine.
- Respond to requests and messages from the COVID Medical Responder via Raider Check.
- If you develop symptoms, you should get tested. You are free to seek testing even if you do not have symptoms. See testing information below.
- If you experience any of the following, seek medical care immediately: difficulty breathing, shortness of breath, persistent pain or pressure in your chest, mental confusion or bluish lips or face.

If you've had COVID-19 in the last 3 months

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 10 days. If you develop symptoms during the 10 days, you should isolate again and contact your healthcare provider. Let them know about your recent exposure and ask if they should be tested again.

Instructions for students who are in quarantine on campus

What do I do for meals?

If you do not have symptoms, you may go to the café at designated times (see below) to select a to-go meal. Leave immediately after you pick up your food and return to your room or select a spot outside to eat.

Weekdays: 7:00-7:10 am (breakfast), 11:00-11:10 am (lunch) and 4:30-4:40 pm (dinner)

Weekends: 11:30 am (brunch) and 5:00 pm (dinner)

If you develop symptoms while in quarantine, contact Michael Simmelink, COVID Coordinator, (michael.simmelink@nwciova.edu). He will help you get meals and provide a link to order delivery meals from the café.

- Delivery meals for the following day must be ordered by 10:00 pm the evening before.
- Meal delivery begins at 8 am (breakfast), 12 pm (lunch), and 5:30 (dinner)—please allow at least 30 minutes for delivery.
- Meals will be packaged in sacks. Use that sack to dispose of your meals in the outside dumpster. Please wear a mask when disposing of 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.

Should I get tested?

If you develop symptoms while in quarantine, you should get tested. See the quarantine letter sent to you on Raider Check for instructions on free testing.

If you do not have symptoms, and would like a pathway out of quarantine prior to day 10, plan to get tested on day 5 (day of exposure is day 0). If your test result is negative, you can be released from your quarantine on day 7 at midnight. Put your test result in Raider Check and one of our medical responders will clear you.

What do I do if my test result is positive? Put your test result in Raider Check, and let your RD know whether you will isolate at home or will need isolation housing on campus. Review the instructions for isolation sent to you on Raider Check or on [MyNWC/COVID tab](#).

Can I go to athletic practice?

If you are not showing any symptoms of COVID-19, you are allowed to watch your team's practice from a significant distance (i.e. from the bleachers) of 25 feet or more. You must walk directly from your quarantine room to the practice location and then directly back to your quarantine room. You may not take the "scenic route" and visit friends. You must wear a mask over your nose and mouth at all times.

If you develop symptoms, you are not allowed to watch practice.