

# New CDC Guidance Explained

The following summarizes the recent changes to COVID-19 response timeframes.

The Oregon Tech procedure has not changed: If you have an exposure, develop symptoms, or test positive, contact Student Health **immediately** at 541-885-1800. They will help you understand the new guidance as it relates to your situation.

## TESTING POSITIVE (Isolation)

Everyone, regardless of vaccination status:

- Will be instructed to isolate for 5 days from the date of the 1st symptom (or test date, if no symptoms)
- After 5 days, if symptoms have improved and no fever for 24 hours, isolation can be ended.
- Will need to continue to wear a well-fitting mask around others for 5 additional days (10 days total).

## SYMPTOMS (Quarantine)

Everyone, regardless of vaccination status:

- Will be instructed to have a PCR test (NOT a rapid or at-home test)
- Will be instructed to quarantine – not come to campus or leave campus housing – until results return

## EXPOSURE to someone with COVID-19 (Quarantine)

**Considered UP TO DATE with Vaccination:**

- 1) Have been **boosted**
- OR**
- 2) Completed the primary series of Pfizer or Moderna vaccine **within the last 6 months**
- OR**
- 3) Completed the primary series of J&J vaccine **within the last 2 months**

- Will not need to quarantine.
- Will be instructed to have a PCR test on the 5<sup>th</sup> day following the exposure
- Will need to wear a well-fitting mask around others for **10 days**.
- If symptoms develop before the 5<sup>th</sup> day, let Student Health know and they may have you test sooner

**Considered NOT UP TO DATE with Vaccination:**

- 1) Completed the primary series of Pfizer or Moderna vaccine **over 6 months ago** and are not boosted
- OR**
- 2) Completed the primary series of J&J **over 2 months ago** and are **not boosted**
- OR**
- 3) Are unvaccinated

- Will be instructed to quarantine for **5 days**.
- Will be instructed to have a PCR test on the 5<sup>th</sup> day following the exposure
- Will need to wear a well-fitting mask around others for **5 additional days** (10 days total).
- If symptoms develop before the 5<sup>th</sup> day, let Student Health know and they may have you test sooner

**Note:** In specific circumstances, quarantine and isolation requirements for boosted, vaccinated and unvaccinated students or employees may be changed at the direction of Student Health in conjunction with the Local Public Health Authority (LPHA).

**Exposure and symptoms definitions:**

- **Exposure** — Being in close contact (within 6 feet for at least 15 minutes in a 24-hour period) with a person who has tested positive for COVID-19.
- **Symptoms** — COVID-19 symptoms can include shortness of breath, cough, fever, loss of taste or smell, fatigue, muscle or body aches, headache, sore throat, runny nose, nausea or vomiting, or diarrhea.