Campus Health Services

COVID-19 Self-Isolation Guidelines

Anyone who tests positive for COVID-19, regardless of vaccination status, must isolate.

How to self-isolate:

- Stay home except to get medical care. Stay in your own separate room, if possible and do not allow others to enter the room you are in.
- Wear a mask in common areas. Use a separate bathroom/toilet if possible and clean after every use.
- Do not share utensils, towels, bedding, pillows, plates, or electronics. Wash all used dishes/utensils with soap and water or use a dishwasher.
- Wash your laundry in the hottest water setting that is appropriate, don’t shake out your laundry before placing it in the washer.
- Opening a window even 1” in common areas can improve ventilation.
- Do not use taxis, rideshares or public transportation during isolation.
- Ask friends or family to drop off groceries and supplies or use a delivery service. Do not invite visitors, friends, or family inside your home. Do not contact people at the front door either.

Seek emergency care if you develop the following symptoms:

- Trouble breathing
- Persistent pain or pressure in chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

When can I end self-isolation?

***The isolation period is 10 full days. You can leave isolation on Day 11***

- Option 1: Symptomatic: Isolate 10 days since symptoms developed AND 24 hours without fever (without using fever-reducing medication) AND symptoms have improved.
- Option 2: Asymptomatic: If you have no symptoms, isolate for 10 days from the date of testing. If symptoms develop, isolate 10 days after symptoms began.
- If you are a student who tested at the Fieldhouse or other off-campus testing location, isolate for 10 full days from the date of testing AND 24 hours fever-free (without using fever reducing medication) AND symptoms have improved.
- You may receive calls from your healthcare provider and Coconino County Health and Human Services. Please answer their call, they are calling to make sure you are okay, offer resources and provide helpful guidance.
- After a positive COVID-19 test, do not re-test to leave isolation.

Inform your close contacts they have been exposed.

- Tell your close contacts that they may have been exposed to COVID-19.
• What is a close contact?
  o A close contact is someone you have been within 6 feet of for 15 minutes or longer (cumulative within a 24-hour period) the two days before you tested positive or developed symptoms, with or without a mask.
  o Caring for someone who is sick with COVID-19.
  o Having direct physical contact with someone who has COVID-19 (ex-hug/kiss).
  o Sharing utensils/dishes with someone who has COVID-19.
  o Being sneezed or coughed on by someone with COVID-19.
  o An infected person can spread COVID-19 starting 48 hours (2 days) before the person has any symptoms.

• If your housemates were exposed and need to quarantine, isolate separately from them as there is ongoing risk of transmission during isolation.
• If you are unable to isolate separately from a housemate, they should begin quarantining at the same time you begin your isolation and continue to quarantine for 14 days after your isolation period ends.
• If you have close contact with someone during your isolation period, their quarantine starts on the day of their last close contact with you.
• Coconino County Health and Human Services will work with you to provide anonymous notifications to your close contacts as well.

Contact Campus Health Services at (928) 523-2131 or your healthcare provider

• If you are concerned about your symptoms.
• If you have questions about isolation for yourself or quarantine for close contacts.
• You can call Campus Health Services during business hours to talk with a triage provider.

COVID-19 Vaccinations

• The CDC recommends COVID-19 vaccination even if you have had COVID-19.
• The CDC states you can get vaccinated when you complete your isolation period for COVID-19.
• If you have had antibody treatment or convalescent plasma, the CDC recommends waiting for 90 days from treatment before getting vaccinated.
• Please contact Campus Health Services or your healthcare provider if you have questions or concerns about vaccinations.

Resources:

NAU Jacks Are Back:

https://nau.edu/jacks-are-back/testing/

NAU Campus Health Services Covid Information:

https://in.nau.edu/campus-health-services/

CDC What To Do If You Are Sick:


CHS-8.20.21