

USD 2022 COVID-19 QUARANTINE PROTOCOL

I was recently in close contact with someone who tested positive for COVID-19.*

Have you recovered from COVID-19 in the last 90 days?

YES

You do not need to quarantine. Test immediately if you become symptomatic. Wear a mask around others for 10 days after the last exposure with the positive case.

NO

Are you up-to-date on your COVID-19 vaccination/booster?**

YES

You do not need to quarantine. Test immediately if you become symptomatic. Wear a mask around others for 10 days after the last exposure with the positive case. If you remain asymptomatic, test on day 5.

NO

You must quarantine for 10 days. Test immediately if you become symptomatic. If you remain asymptomatic, you could end quarantine as early as day 6 by testing negative (PCR or antigen) on or after day 5. Wear a mask around others for 10 days.

Have you just tested positive for COVID-19?

YES

You must isolate for 10 days. Isolation may end as early as day 6 if you are without fever for more than 24 hours, improving and your repeat testing (PCR or antigen) is negative on or after day 5. If you end isolation early, you will still need to wear a mask around others for 10 days.

*A close contact is someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period.

**You are considered up-to-date for COVID-19 vaccination after you have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna) or after you have received a single-dose vaccine (Johnson and Johnson/Janssen). If more than 5 months have passed since receiving a second dose in a 2-dose series (Pfizer-BioNTech or Moderna) or more than 2 months from a 1-dose series (Johnson and Johnson/Janssen), a booster is required to be considered up-to-date.

sandiego.edu/onward/isolation-and-quarantine.php

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