Staying Safe: University Protocol For COVID-19 Confirmed Cases & Symptoms

Confirmed positive COVID test? Then take the following steps:

1. **Stay home.** Do not come to campus. Self-isolate for the minimum of days that the prevailing health protocols require.
   a. If you live in the Residence Hall, move to an isolation room by contacting the Residence Hall Director <rking31@csu.edu>.

2. **Report the case to CSU:**
   a. [Inform the CSU COVID-19 Task Force Director](mailto:abresing@csu.edu) by filling out the COVID-19 Report Form (available on Cougar Connect and https://www.csu.edu/covid19updates) and sending the form to Human Resources <abresing@csu.edu>. The Wellness Center leads the contact tracing process to help keep our campus community healthy.
   b. **Students:** Also alert all of your instructors and the Office of the Provost <provost@csu.edu>.
   c. **Faculty and Staff:** Also alert your direct supervisor and HR <abresing@csu.edu>.

3. **Take care of yourself,** which should include consulting with your physician or health care provider and isolating as they recommend.

4. **Before returning to campus, provide proof of a negative COVID-19 test.** You can find a local COVID testing site here.[https://cookcountypublichealth.org/covid-19-testing/](https://cookcountypublichealth.org/covid-19-testing/). Report your negative test result to:
   a. **Students:** University Wellness Center <wellness@csu.edu>.
   b. **Faculty and Staff:** and HR <abresing@csu.edu>

**Contact Tracing:** CSU will take immediate steps in accordance with health guidelines to protect the campus community. The Wellness Center/HR will use the COVID-19 Reporting Form to help conduct contact tracing. The information you submit is confidential and is only used for contact tracing purposes.
**COVID-19 Exposure**

What is exposure? According to the [CDC](https://www.cdc.gov), a COVID-19 exposure is being in close contact (within 6 feet) of someone who has tested positive for the virus for a cumulative total of 15 minutes or more over a 24-hour period. The CDC recommends the following actions, based on exposed individuals' vaccination status:

**Non-vaccinated individuals:**
- You should get tested immediately and if first test negative, test again in 5 to 7 days after you were exposed to the virus.
- Stay home for 7-10 days after your last close contact with a person who has tested positive for COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.

**Vaccinated individuals:**
- If you are fully vaccinated, you do NOT need to quarantine after close contact with someone who had COVID-19 unless you have symptoms.
- You should get tested 5-7 days after close contact exposure, even if you don’t have symptoms.
- You must wear a mask indoors on campus property at all times and in public for 14 days following close contact exposure or until your test result is negative.

**Protocol if Exposed:** Describe the exposure to the COVID Response Team Director through an email sent to <abresing@csu.edu>. The Director will determine with you the appropriate course of action.

This guidance reflects the latest public health guidance. We will update our protocol as public health guidance changes.

Together, we can protect the Cougar Community.