

## Guidance for LMU community regarding COVID-19 symptoms and exposure

We are all well aware that COVID-19 is a highly transmissible viral illness that is affecting our university. The main route of transmission of COVID-19 is directly through respiratory droplets generated when an infected person coughs or sneezes. Any person who is in close contact with someone who has respiratory symptoms (e.g., sneezing, coughing, etc.) is at risk of being exposed to potentially infective respiratory droplets.

### **Common signs and symptoms of COVID-19**

**(NOTE: Not all of these may necessarily be present)**

- Acute onset of fever (above 100.4 F)
- Cough/difficulty breathing
- Sore throat
- Headache
- Nasal congestion/runny nose
- Body aches/muscle aches
- Nausea/vomiting/diarrhea

If you have any of these symptoms, you are required to test for COVID-19.

If you test **negative**, there are many other respiratory illnesses that can be treated at the LMU Student Health Center. If you are a student and would like to be seen by our health care providers, please call to schedule an appointment and bring a copy of your negative COVID test with you.

If you test **positive**, these are your next steps:

Notify the Dean or director of your program. You will be told how to isolate, but in general, the following applies:

- You will need to stay in isolation at least 10 days since symptoms started

- You can be released after those 10 days if you are -fever-free for 24 hours without using fever-reducing medication and
- Your symptoms have improved overall

### COVID-19 Exposure

If you have been notified that you have been exposed to COVID-19 and do not have any symptoms as described above, you will be contacted by a designated person from your department and given the following instructions:

- If you are **fully vaccinated** for COVID-19 (completed 2 doses of Pfizer/Moderna vaccine or 1 dose of Johnson & Johnson vaccine) OR have had (and recovered from) COVID-19 within the past 3 months):
  - You will *not* need to self-quarantine as long as you remain symptom free, but you must wear a mask at all times. You must then test for COVID-19 between days 3-5 of being notified of the exposure. If the test is negative, and you do not develop any symptoms, the mask may be removed, and no further action needs to be taken at this time.
- If you are **not fully vaccinated** for COVID-19 (which includes receiving either no vaccine or only one dose of the -2 dose vaccines):
  - You will need to self-quarantine and must wear a mask at all times. The self-quarantine will last 10 days, as long as you do not develop any COVID-19 symptoms. You have the option of testing for COVID-19 after Day 5 of quarantine; if the test is negative and no symptoms develop, you may end the quarantine after Day 7.

This can be very confusing for students and staff, but the staff at the Student Health Center is available to answer any specific questions you have.

We wish good health for all of our LMU students, faculty and staff.