

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. Rapid COVID testing is available at the LMU Student Health Center for students who develop any of these COVID-19 symptoms.

If you test **positive (regardless of vaccine status)** these are your next steps:

Notify the appropriate VP, Dean or supervisor. You will be given the following directions (per CDC Isolation and Quarantine Guidelines, 12/27/21):

- Stay at home/dorm for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can return to the LMU campus and resume normal activities.

•You must continue to wear a mask while on campus for an additional 5 days after your return.

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 423-869-6249 to schedule an appointment.

COVID-19 Exposure

If you have been exposed to COVID-19 and do not have any symptoms as described above, you must adhere to the following instructions:

If you are **fully vaccinated** for COVID-19, which includes any of the following scenarios:

- a. Have been boosted,
- b. Completed the primary series of Pfizer or Moderna vaccine within the last 5 months,
- c. Completed the primary series of J&J vaccine within the last 2 months, or
- d. Tested positive with an antigen test within the last 90 days:

You will be required to:

- Wear a mask around others for 10 days.

**No need to quarantine unless you develop symptoms. If you do develop symptoms, you are required to get tested to and notify your appropriate VP, Dean or Supervisor of the results. If positive, see the guidance noted above.

If you are **not fully vaccinated** for COVID-19, which includes any of the following scenarios:

- a. Completed the primary series of Pfizer or Moderna vaccine over 5 months ago and are not boosted,
- b. Completed the primary series of J&J over 2 months ago and are not boosted, or
- c. Are unvaccinated

You will be required to:

- Stay at home for 5 days.

- After that, continue to wear a mask around others for 5 additional days
- If you cannot quarantine, you must wear a mask for 10 days.

Rapid COVID testing is available at the LMU Student Health Center for students who remain asymptomatic and seek testing on Day 5.

This can be very confusing for students, faculty, and staff, but the staff at the Student Health Center is available to answer any specific questions you have regarding COVID-19 exposure.

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