

# COVID-19 EXPOSURE ACTION CHART

Determine what actions you need to take following an exposure to COVID-19

<p><b>Asymptomatic Close Contact Exposure</b></p> <p>(No symptoms but had close contact with someone who tested positive for COVID, regardless of vaccination status)</p>	<p><b>Mask</b> at all times when around others for 10 days after last exposure</p> <p><b>Watch for symptoms</b> and get tested if symptoms develop</p> <p><b>Get tested</b> at least 5 full days after your last exposure, even if you don't develop symptoms. Continue to take precautions for the full 10 days even if you test negative.</p>
<p><b>Symptomatic for COVID-19</b></p> <p>(regardless of exposure)</p>	<p><b>Self-isolate</b> except to seek medical care. Avoid contact with others and disinfect surfaces regularly</p> <p><b>Get tested immediately</b> with an antigen or PCR test</p> <p><b>Mask</b> at all times when around others</p>
<p><b>Positive for COVID-19</b></p>	<p><b>Isolate</b> for at least 5 days after symptoms started, AND no fever for at least 24 hours AND symptoms improving (<i>first symptom date is "day 0"</i>)</p> <p>If asymptomatic, isolate for 5 days after the date of the test (<i>test date is "day 0"</i>)</p> <p><b>Inform close contacts</b> so they can begin taking precautions</p> <p><b>Mask</b> at all times when around others for an additional 5 days after isolation ends (at least 10 days total). <i>With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10</i></p>

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

## DEFINITIONS:

**Symptoms of COVID-19:** Range from mild to severe and may include fever, chills, body aches, headache, shortness of breath, difficulty breathing, cough, sore throat, nasal congestion, new loss of taste or smell, nausea, vomiting and/or diarrhea.

**Close contact:** Being within 6 feet of an infected person for a total of 15 minutes or more over a 24 hour period, beginning 2 days before illness onset (if asymptomatic, 2 days before test date) until the time the patient is isolated

**Isolation:** Separates people with COVID-19 from others. Isolate if you are sick or test positive. Avoid all contact with others until it is safe for you to do so.

**Quarantine:** Separates people who were exposed to COVID-19 from others. Avoid all contact with others until it is safe for you to do so. The CDC no longer recommends quarantine for unvaccinated close contacts, but precautions should be taken, especially around those who could become very sick.

**PCR Test:** (may also be called molecular test, NAAT or TMA test) highly sensitive test that can pick up on asymptomatic and presymptomatic infections. May continue to be positive after you are no longer contagious.

**Antigen Test:** highly specific test that should only be positive if you are sick and/ or contagious. (If you have a positive antigen test, you do not need to get a PCR test to confirm.) At-home tests are antigen tests.

**Mask:** A well-fitting mask covering your mouth and nose. KN95, dense fabric with multiple layers, or double masking is recommended. Masks help protect you and those around you

**Recently recovered:** If you have recovered from COVID-19 within the past 90 days, you are not likely to contract it again within that time period. You should not get a PCR test for 90 days after having COVID-19. You do not need to quarantine if identified as a close contact.

## RESOURCES FOR STUDENTS:

**Residence Life:** [reslife@southwestern.edu](mailto:reslife@southwestern.edu)

**Health Center:** For questions or testing, call 512-863-1252

**To report a positive test:** email [covidtesting@southwestern.edu](mailto:covidtesting@southwestern.edu)

### Testing Resources:

Curative testing centers - <https://curative.com>

Pro Lab Diagnostics - <https://info.pro-lab-direct.com/en/portal>

### Emergency Rooms:

Family Emergency Room of Georgetown - 1210 W University Ave, Georgetown

St. David's Hospital Georgetown - 2000 Scenic Drive, Georgetown

Scott & White Hospital Round Rock - 300 University Blvd, Round Rock