

On Monday, 12/27/21, the U.S. Centers for Disease Control and Prevention (CDC) issued a media release outlining their updated COVID-19 quarantine and isolation periods. As we have throughout this pandemic, MCC continues to align our practices with the CDC's guidelines.

Effective immediately, we are implementing the following COVID-19 quarantine and isolation protocols:

- Individuals who test positive for COVID-19 will need to isolate for 5 days and then may return to campus as long as they are fever-free and any other COVID-19 symptoms are improving. Additionally, they will need to wear a mask when around others on campus until 10 days have passed since the date of the positive COVID-19 test or symptoms first appeared (whichever comes first).
- Individuals who have not been fully vaccinated and have been exposed to someone who has tested positive for COVID-19 will need to quarantine for 5 days from the last exposure and then may return to campus as long as they have not developed any COVID-19 symptoms. Additionally, they will need to wear a mask when around others on campus until 10 days have passed since the last exposure.
- Individuals who have been fully vaccinated and have been exposed to someone who has tested positive for COVID-19 do not need to quarantine as long as they are not exhibiting any symptoms of COVID-19. These individuals will need to wear a mask when around others on campus until 10 days have passed since the last exposure.

***This is all well and good, but how does it actually apply to real-life situations?*** Please review MCC's situational cross-walk which outlines this information in greater detail:

Situation #1	Steps to Take
<p>You know you have COVID-19 (positive test), and have symptoms.</p> <p>What are symptoms?</p> <ul style="list-style-type: none"> <li>• Fever or chills</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Fatigue</li> <li>• Muscle or body aches</li> <li>• Headache</li> <li>• New loss of taste or smell</li> <li>• Sore throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul>	<p>Stay home and away from others, especially people who are at higher risk for getting very sick from COVID-19 until:</p> <ul style="list-style-type: none"> <li>• 5 days since symptoms first appeared or since the date of your positive COVID-19 test (whichever came first); <b>and</b></li> <li>• 24 hours with no fever without the use of fever-reducing medications; <b>and</b></li> <li>• Other symptoms of COVID-19 are improving.</li> <li>• You must wear a mask around others for 10 days after symptoms first appeared or since the date of your positive COVID-19 test (whichever came first).</li> </ul> <p>Discuss working from home as your health will allow with your immediate supervisor or Human Resources.</p> <p>If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately.</p>
<p><b>Situation #2</b></p> <p>You tested positive for COVID-19 but have no symptoms.</p>	<p><b>Steps to Take</b></p> <p>Stay home for 5 days after the date of your positive COVID-19 test. You may return to work after your 5 day quarantine. You must wear a mask around others for 10 days after the date of your positive COVID-19 test.</p> <p>Discuss working from home during quarantine as your health will allow with your immediate supervisor or Human Resources.</p> <p>If you develop symptoms after testing positive, <b>go to Situation #1.</b></p>
<p><b>Situation #3</b></p> <p>You think you might have COVID-19 due to your symptoms. What are symptoms?</p> <ul style="list-style-type: none"> <li>• Fever or chills</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Fatigue</li> <li>• Muscle or body aches</li> <li>• Headache</li> <li>• New loss of taste or smell</li> <li>• Sore throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul>	<p><b>Steps to Take</b></p> <p>Stay home and away from others, especially people who are at higher risk for getting very sick from COVID-19, and obtain a COVID-19 test.</p> <p>If the COVID-19 test is positive, <b>go to Situation #1.</b></p> <p>If the COVID-19 test is negative, stay home until:</p> <ul style="list-style-type: none"> <li>• 24 hours with no fever without the use of fever-reducing medications; <b>and</b></li> <li>• Other symptoms are improving.</li> </ul> <p>If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately.</p>

Situation #4	Steps to Take
<p>You have not been fully vaccinated and have been in close contact with someone who has COVID-19 (positive test). What counts as close contact?</p> <ul style="list-style-type: none"> <li>• You were within 6 feet of someone who has COVID-19 for at least 15 minutes</li> <li>• You provided care at home to someone who is sick with COVID-19</li> <li>• You had direct physical contact with a person who has COVID-19 (hugged or kissed them)</li> <li>• You shared eating or drinking utensils</li> <li>• They sneezed, coughed, or somehow got respiratory droplets on you</li> </ul> <p>What counts as fully vaccinated?</p> <ul style="list-style-type: none"> <li>• 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, and a booster shot 6 months after completing the series, <b>or</b></li> <li>• 2 weeks after a single-dose vaccine, like Johnson &amp; Johnson's Janssen vaccine, and a booster shot 6 months later</li> </ul> <p>If it has been less than 2 weeks since your shot, or if you still need to get your second dose, or if it has been more than 6 months since your shot, you are NOT fully protected. Keep taking all prevention steps until you are fully vaccinated.</p>	<p>Stay home for 5 days after your last contact with a person who has tested positive for COVID-19.</p> <ul style="list-style-type: none"> <li>• Watch for fever (100.4 F), cough shortness of breath, cough, runny nose, sore throat and other symptoms.</li> <li>• If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.</li> </ul> <p>Discuss working from home as your health will allow with your immediate supervisor or Human Resources.</p> <p>If there are no symptoms, you may return to work after the 5th day, continuing to self-monitor for symptoms and wearing a mask for 5 more days.</p> <p>If you develop symptoms, <b>go to Situation #3.</b></p>

Situation #5	Steps to Take
<p>You <b>have been fully vaccinated</b> and have been in close contact with someone who has COVID-19 (positive test). What counts as close contact?</p> <ul style="list-style-type: none"> <li>• You were within 6 feet of someone who has COVID-19 for at least 15 minutes</li> <li>• You provided care at home to someone who is sick with COVID-19</li> <li>• You had direct physical contact with a person who has COVID-19 (hugged or kissed them)</li> <li>• You shared eating or drinking utensils</li> <li>• They sneezed, coughed, or somehow got respiratory droplets on you</li> </ul> <p>What counts as fully vaccinated?</p> <ul style="list-style-type: none"> <li>• 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, and a booster shot 6 months after completing the series, <b>or</b></li> <li>• 2 weeks after a single-dose vaccine, like Johnson &amp; Johnson's Janssen vaccine, and a booster shot 6 months later</li> </ul> <p>If it has been less than 2 weeks since your shot, or if you still need to get your second dose, or if it has been more than 6 months since your shot, you are NOT fully protected. Keep taking all prevention steps until you are fully vaccinated.</p>	<p>If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms. You may continue to come to work.</p> <ul style="list-style-type: none"> <li>• For the first 5 days after your last exposure, use the CDC self-checker daily to assess any symptoms that may develop.</li> <li>• You must wear a mask around others for 10 days after your exposure.</li> </ul> <p>If you develop symptoms, <b>go to Situation #3</b>.</p> <p>You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:</p> <ul style="list-style-type: none"> <li>• In public</li> <li>• Gathering with unvaccinated people from more than one other household</li> <li>• Visiting with an unvaccinated person who is at <a href="#">increased risk of severe illness or death from COVID-19</a> or who lives with a person at increased risk</li> </ul>

Situation #6	Steps to Take
<p>You have been in close contact with someone who has symptoms, but has not tested positive for COVID-19.</p>	<p>Use the CDC self-checker to assess your own symptoms, if any, and those of the person with whom you have had close contact.</p> <p>If you feel that it is <b>likely</b> that you have been exposed to COVID-19:</p> <ul style="list-style-type: none"> <li>• And you have <b>not</b> been fully vaccinated, <b>go to Situation #4</b></li> <li>• And you have been fully vaccinated, <b>go to Situation #5</b></li> </ul> <p>If you feel that it is <b>unlikely</b> that you have been exposed to COVID-19, you may return to normal duties.</p> <ul style="list-style-type: none"> <li>• Over the next 5 days, use the CDC self-checker daily to assess any symptoms that may develop.</li> <li>• If you develop symptoms, <b>go to Situation #3</b>.</li> </ul>