# DINÉ COLLEGE

THE HIGHER EDUCATION INSTITUTION OF THE NAVAJO NATION SINCE 1968

## CDC Guidelines to COVID Cases or Exposure (Employees)

Updated June 16, 2023

CDC guidelines on Quarantine and Isolated updated March 21, 2023.

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html

Diné College safety guidelines and operational safety regarding COVID can be found at:

https://www.dinecollege.edu/coronavirus-faq/

## Staff/Faculty Response to COVID

| If You Test Positive for COVID-19 (Isolate) | | Action |
|---|---|---|
| Have Symptoms AND<br><br>Vaccinated OR Non-Vaccinated | <ul><li>Stay home for 5 days and isolate from others.</li><li>After 5 full days, if you are symptoms free for 24 hours (without the use of fever-reducing medication), you may end isolation.</li><li>Continue to wear a mask around others for 5 additional days after exiting isolation (totally 10 full days)</li><li>If you are still sick or have weakened immune system after day 5, isolate for full 10 days. Consult your doctor when to end your isolation based on your health.</li></ul> | <ul><li>Report to DHR.</li><li>Do not come to the College.</li><li>Provide Document of COVID</li><li>Positive Test to Supervisor and DHR</li><li>Admin Leave 5-day is issued to only COVID Positive Employees who submit documentation</li><li>Any leave beyond the 5-day Admin Leave will be personal leave (sick or annual) or Leave Without Pay</li><li>Do not travel</li><li>Wear well-fitted mask for full</li><li>10 days even if you exit after Day 5</li><li>Avoid people who are more likely to get very sick from COVID-19</li></ul> |

| If You Were Exposed to Someone with COVID-19 | | Action |
|---|---|---|
| If you:<br><br>Completed the primary series of Pfizer or Moderna vaccine within the last 6 months<br>OR<br>Completed the primary series of J&J vaccine within the last 2 months<br><br>AND/OR<br><br>Have been boosted at least 1x | • No isolation/quarantine needed unless you develop symptoms (even if you live with the COVID-19 positive person)<br>• Wear a mask around others for full 10 days<br>• Keep social distance from others (6 ft apart)<br>• Watch for symptoms for full 10 days from close contact<br>• Test on day 5 even if you do not have symptoms but made close contact.<br>    o If you test positive, isolate for 5 days. | • Report to DHR of potential exposure or household<br>• Positive Case<br>• Maintain social distance and keep mask on for 10 full days Personal Leave may be taken to get COVID tested.<br>• Must test on day 5 and update DHR of results.<br>• Take precaution if traveling.<br>• If a positive test returns, you will be eligible for 5-Day Admin Leave starting from day of test.<br>• Avoid people who are more likely to get very sick from COVID-19 |

| If You Were Exposed to Someone with COVID-19 (Quarantine) | | Action |
|---|---|---|
| If you:<br><br>Do not have Vaccination<br><br>OR<br><br>Do not have booster others | • Quarantine and stay home for 5 days<br>• Wear your mask around other after contact<br>• Test on day 5<br>• Do not travel for up to 10 days<br>• Continue to wear a mask around for 5 additional days after you<br>• completed quarantine (10 total days)<br>• After quarantine, watch out for<br>• symptoms until 10 days after you had close contact with someone with COVID-19.<br>• If develop symptoms or test positive, enter into isolation for 5 days. | • Report to DHR of potential exposure or household<br>• Positive Case<br>• Submit personal leave to<br>• Supervisor for 5-days<br>• Test on day 5 and submit test results to Supervisor and DHR Only COVID Positive cases will be eligible for 5-Day Admin Leave starting from day of test<br>• Take precaution 6-10 days after close contact<br>• If you must travel during days 6-10, take precaution and wear well fitted mask. |

| If You Were **Exposed to Someone** with COVID-19 | | Action |
|---|---|---|
| AND<br><br>Had been confirmed COVID-19 within the past 90 days using a viral test | • No quarantine or isolation needed<br>• Unless you have symptoms, stay home<br>• Take precaution until day 10 from when you first were tested COVID positive.<br>• Wear a well fitted mask for 10 full days and when you have symptoms | • No need to report to DHR if you had initially reported first being tested COVID-19<br>• Take precaution if traveling<br>• Avoid being around people who are more likely to get very sick from COVID-19 |

**Designated COVID-19 Point of Contact**

Diné College Department of Human Resources, Tanya Teller, 928-724-6955, tteller@dinecollege.edu regarding COVID-19 concerns or COVID Cases.

To report any COVID-19 related cases, report to DHR.

Students with COVID-related cases can also contact DHR to seek guidance on isolating. Please keep your facility informed at all times.

Employees seeking request for Admin Leave for positive cases must submit documents to the DHR POC.

Continue to abide by the College's **COVID prevention guidelines** and sanitization efforts on-site:

- Wear your face mask at all times
- Keep space and distance
- Frequently wash or sanitize hands
- Clean touched surfaces often
- Stay home if you are sick and get tested
- Rooms/classrooms will be sealed with confirmed "Sanitized & Sealed Sticker" by O&M for cleaning

**COVID-Related Exposure or Confirmed Positive**

Individual will respond to the following based on their type of COVID-related case.

Isolation refers to confirmed COVID positive (+) for virus infection.

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Avoid contact with other members of the household and pets.

- Don't share personal household items, like cups, towels, and utensils.
- Wear a well-fitting mask when you need to be around other people

Quarantine refers to the time following exposure to the virus or Close Contact with someone known to have COVID-19.

- Wear your mask immediately and maintain social distance.
- The date of your exposure is considered day 1. Wear a well-fitting mask when around others at home, if possible.
- If possible, stay away from people you live with at 6 ft or more, especially people who are at higher risk for getting very sick from COVID-19.
- Test for COVID on Day 5 of exposure or when symptoms develop.
- Do not go to places where you are unable to wear a mask, such as restaurants and gyms, and avoid eating around others at home and at work until after 10 days after your last close contact with someone with COVID-19.

**Close contact refers to:**

1) a person less than 6 feet away from someone who is confirmed COVID-19 positive and considered time spent with the individual starting 2-days before the infected person developed symptom or date of testing positive; and
2) presence of someone confirmed COVID-19 positive for a cumulative total of 15 minute or more over a 24- hour period ***without*** a mask less than 6 feet apart.

**Recognized COVID Symptoms**

• Fever or chills
• Cough
• Shortness of breath or difficulty breathing
• Fatigue
• Muscle or body aches
• Headache
• New loss of taste or smell
• Sore throat
• Congestion or runny nose
• Nausea or vomiting
• Diarrhea