

# UNIVERSITY of DUBUQUE

## COVID-19 ISOLATION AND PRECAUTIONS

### WHEN TO ISOLATE

Regardless of vaccination status, you should isolate from others when you have COVID-19. You should also isolate if you are sick and suspect you have COVID-19 but do not yet have test results.

If your results are negative, end isolation. If your results are positive, follow these procedures for isolation.

### COUNTING ISOLATION DAYS

#### NO SYMPTOMS AND POSITIVE COVID-19 TEST.

- **Day 1** is the first full day following the day you were tested.
- If you develop symptoms within 10 days of being tested, the clock restarts and **Day 1** is the first full day after symptom onset.

#### SYMPTOMS AND POSITIVE COVID-19 TEST.

- **Day 1** is the first full day after your symptoms started.

### ISOLATION PROCEDURES

If you test positive for COVID-19, stay home for at least five days and isolate from others.

Wear a high-quality face covering if you must be around others at home or in public.

- If you had no symptoms, end isolation after **Day 5** but continue to wear a face covering through **Day 10\***.
- If you had symptoms, end isolation after **Day 5** if:
  - You are fever-free for 24 hours without the use of fever-reducing medication AND
  - Your symptoms are improving.
- If you still have a fever or your other symptoms have not improved, continue to isolate until they improve.
- If you had moderate or severe illness or have a weakened immune system, isolate through **Day 10**.
- If your symptoms recur or worsen, restart isolation and consult your health care provider before ending isolation.

\* You may remove your face covering earlier with two sequential negative antigen tests 48 hours apart. For additional information on when you can remove your face covering, visit CDC guidance: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

### EXPOSURE GUIDANCE

If you were exposed to COVID-19, wear a high-quality face covering for 10 days any time you are around others. Get tested on **Day 5** and continue to watch for symptoms. If you are positive, follow the above isolation procedures.

### HEALTH CONTACT INFORMATION

#### UNIVERSITY OF DUBUQUE MAIN CAMPUS

Students: Smeltzer-Kelly Student Health Center  
563.589.3360 | StudentHealthCenter@dbq.edu

Student-Athletes: Erin Barsema, athletics health care administrator  
563.589.3857 | EBarsema@dbq.edu

Faculty/Staff: Julie MacTaggart, director of human resources  
563.589.3619 | JMacTaggart@dbq.edu

#### UNIVERSITY OF DUBUQUE LIFE - DUBUQUE

Everyone: Amy Gaffney, director of LIFE  
563.589.3456 | AGaffney@dbq.edu

#### UNIVERSITY OF DUBUQUE LIFE - CEDAR RAPIDS

Everyone: Karen Middleswarth, academic advisor at LIFE - Cedar Rapids  
319.775.0204 | KMiddleswarth@dbq.edu

#### UNIVERSITY OF DUBUQUE LIFE - MERIDIAN

Everyone: Esteban Paredes, director of LIFE admission - Meridian  
563.589.3902 | EParedes@dbq.edu

#### UNIVERSITY OF DUBUQUE LIFE - TEMPE

Everyone: Heidi Burks, academic director at LIFE - Tempe  
480.845.0081 | HBurks@dbq.edu

*This information is subject to change as COVID-19 changes and information evolves.*

*Source: The Smeltzer-Kelly Student Health Center and Centers for Disease Control and Prevention. Updated 08/2022.*