

APPENDIX B

ETSU Return to Work or Class Protocol

Return to Work or Class Protocol

1. **Confirmed COVID – 19 Illness with Symptoms:**

Must be excluded from all work or class activities until:

- At least 10 days have passed *since symptoms first appeared*
- **AND** At least 24 hours have passed *since last* fever without the use of fever-reducing medications
- **AND** Symptoms (e.g., cough, shortness of breath) have improved

It is the responsibility of the student or employee to monitor temperature and symptoms at least twice daily.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

2. **Laboratory-Confirmed COVID-19 but have not had any Symptoms (Asymptomatic):**

Must be excluded from all work or class activities until:

- At least 10 days have passed since date of first positive COVID-19 diagnostic test
- **AND** have not subsequently developed symptoms since the positive test
- **IF** symptoms develop, please follow the above protocol for **Confirmed COVID-19 Illness with Symptoms**

If an alternate diagnosis is determined for the symptoms, criteria for return to work or school should be based on that diagnosis.

Any questions regarding testing or symptoms should be directed to University Health, or to the student's or employee's personal medical provider.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first

bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

3. Potential Exposure to COVID-19 (also known as “close contact” for unvaccinated persons:

“Potential Exposure” (also known as “close contact”) is defined as being within 6 feet for more than 15 total minutes within the last 24 hours of a person who has had a confirmed positive test COVID-19. This includes exposure with the infected person going back 48 hours prior to the time the positive test was collected, OR 48 hours prior to the time the positive contact showed symptoms, whichever is earlier.

Must be excluded from all work or class activities:

- Quarantine at home for 10 days after last exposure and continue to monitor symptoms for 14 days after last exposure.
- Quarantine may end after 10 days ONLY if the exposed person is completely asymptomatic.
- If symptoms develop, self-isolate and consider getting a test for COVID.
- Maintain physical distancing of at least 6 feet from others at all times
- People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

4. Potential exposure to COVID-19 (also known as “close contact”) for vaccinated persons:

- Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria:
 - Are fully vaccinated (i.e., ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine)
 - Have remained asymptomatic since the current COVID-19 exposure

5. Household Contacts

A household contact is an individual who shares any living spaces with someone who has a confirmed positive case of COVID-10. This includes bedrooms, bathrooms, living rooms, kitchens, etc.

- Non-vaccinated household contacts must be quarantined for 10 days after the case has completed their (minimum) 10-day isolation period (whether the case is symptomatic or not).
- If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a case and consider getting tested.
- If a non-vaccinated household contact is able to separate themselves from the confirmed positive case, they must quarantine for 10 days after their last exposure, and continue to monitor symptoms for 14 days after the last exposure.
- A non-vaccinated household contact may be released from quarantine after 10 days only if he or she remains asymptomatic for the entire 10 days after the last exposure. Monitoring for symptoms must continue for 14 days after the last exposure.
- For more information, see [here](#).

Questions? Call one of the following:

- University Health Center at 423-439-4225 (Monday-Friday, 8 a.m.-4:30 p.m.) or after-hours at 1-888-915-7299
- Washington County Health Department at 423-975-2200
- Ballad Nurse Connect at 1-833-822-5523.

References:

1. <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CloseContactGuidance.pdf>
2. <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CaseGuidance.pdf>
3. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
4. <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/Isolation-QuarantineRelease.pdf>
5. <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>
6. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
7. <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>