

COVID-19 GUIDANCE

Do you have the symptoms of COVID-19? They include:

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

YES

Follow **CDC Guidelines**

1. Submit the **MGA Self Report Online Form**
2. Stay at home
3. Separate yourself from others
4. Monitor your symptoms and seek emergency medical attention if your symptoms are severe
5. Call ahead to your doctor or **seek COVID-19 testing locally**

NO

Have you had known **CLOSE*** contact with a lab-confirmed COVID-19 positive individual?

YES

Complete the **MGA Self Report Online Form** **AND Get a COVID-19 test** (wait 5 days after exposure) **AND** quarantine for 14 days **AND** watch for symptoms

NO

Continue practicing social distancing

NO

Have you had known **NON-CLOSE** contact with a lab-confirmed COVID-19 positive individual?

YES

Watch for symptoms and continue practicing social distancing

*Close contact is 1) being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period, 2) you provided care at home to someone who is sick with COVID-19, 3) you had direct physical contact with the person (hugged or kissed them), 4) you shared eating or drinking utensils, 5) the person sneezed, coughed, or somehow got respiratory droplets on you.

Close contact with the COVID-19 positive individual must have occurred during the time frame of 2 days prior to the individual's symptom onset and beyond.

COVID-19 ISOLATION/QUARANTINE

If you test positive for COVID-19 or have been exposed to someone who tests positive for COVID-19, you need to know how to proceed. The key in understanding when to isolate or quarantine is defining what “close contact” means as it relates to exposure. If a person has had CLOSE CONTACT with someone who has tested positive for COVID, then the person should quarantine and not come to campus.

What counts as close contact with someone who has tested positive for COVID-19 according to the CDC?

- Being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- The person sneezed, coughed, or somehow got respiratory droplets on you

Close contact with the COVID-19 positive individual must have occurred during the time frame of 2 days prior to the individual’s symptom onset and beyond.

HOW LONG SHOULD I ISOLATE/QUARANTINE?

The Georgia Department of Public Health (DPH) recommends a time-based return strategy that is determined based on a person’s health status.

Isolation - For individuals with confirmed or suspected COVID-19

Symptomatic persons with **confirmed** or **suspected** COVID-19 can return to campus after:

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

Asymptomatic persons with confirmed COVID-19 can return to campus after **at least 10 days** have passed since the positive laboratory test **AND** the person remains asymptomatic. **Note:** If you are asymptomatic and test positive and then later develop symptoms, follow the guidance for symptomatic individuals, above.

Quarantine – For individuals who have been exposed to COVID-19

If you have been in **close contact** (see above) with someone who has tested positive for COVID-19, you should quarantine. **A 14-day quarantine is recommended**, however, you may opt for a shorter quarantine period by meeting the below criteria. **Note:** The day on which you’re exposed is considered Day 0.

You can return to campus **after 7 full days** have passed since your most recent exposure, if you meet **all three** of these criteria:

- You receive a **PCR/molecular or antigen test for COVID-19 no earlier than Day 5** of your quarantine

AND

- You receive a negative result

AND

- You do not experience any symptoms of COVID-19 during your quarantine period.

You can return to campus after 10 full days have passed since your most recent exposure if you are not tested for COVID-19 **AND** do not experience any symptoms during your quarantine period.

After your quarantine period ends after Day 7 or Day 10, if you do not have symptoms, you should:

- Closely monitor yourself for COVID-19 symptoms for 14 days from your most recent exposure
- Strictly adhere to mitigation measures including appropriate mask usage, staying at least 6 feet from others except for brief transitional movements (eg, changing classes), washing your hands, avoiding crowds, and taking all other steps to prevent the spread of COVID-19 for at least 14 days.

Read the guidance from DPH regarding [isolation](#) and [quarantine](#).