

Definition of COVID-19 Exposure:

Fewer than 6 feet away for more than 15 minutes to an individual who has tested positive or who has been exposed to a known positive case and is exhibiting 2+ COVID-like symptoms, during their infectious period (two days prior to their test or first symptoms, until no longer showing symptoms or ten days after their positive test). Cloth/surgical masks are not a mitigating factor.

I Have COVID-19 Symptoms with No Known Exposure

More common: fever greater than or equal to 100.4°F, new onset and/or worsening cough, difficulty breathing, new loss of taste or smell

Less common: sore throat, nausea, vomiting, diarrhea, chills, muscle pain, excessive fatigue, new onset of severe headache, new onset of nasal congestion or runny nose

If you have one or more of the more common symptoms or two or more of the less common symptoms described above **you must notify us!**

1. Text us at 320-212-1556 or email safety@ridgewater.edu immediately
2. Submit the *COVID-19 Reporting Form*
3. Inform your instructors*/supervisor

Do not come to campus

Stay at home, separate yourself from others (*CDC guidelines*).

You can return to work/school when:

- ✓ It has been 10 days since your symptoms first appeared and
- ✓ Free of fever for at least 3 days without mitigating medications and
- ✓ Symptoms are improving and
- ✓ Have been given clearance to return from the Safety Administrator

If you have another diagnosis or tested negative for COVID-19, contact the Safety Administrator for clearance to return.

I Have a Known or Possible Exposure to COVID-19

Non-close contact:

I was more than 6 feet away or I was closer than 6 feet for less than 15 min.

Follow CDC guidelines: Maintain good hygiene, continue physical distancing, continue frequent hand washing, wear a mask.

Return to work/school

Continue to monitor yourself for COVID-19 symptoms

Close contact:

I was exposed (see definition above), starting from 2 days prior to the known positive individual's illness onset or positive test until the individual was isolated.

You must notify us!

1. Text us at 320-212-1556 or email safety@ridgewater.edu immediately
2. Submit the *COVID-19 Reporting Form*
3. Inform your instructors*/supervisor

Do not come to campus

Quarantine for 14 days from last known contact with positive individual. Contact your healthcare provider who may recommend you get tested. If you test negative for COVID-19 you must still complete the 14 day quarantine.

If symptoms develop, quarantine from the day symptoms began and contact your healthcare provider.

You can return to work/school when:

- ✓ Quarantine time is complete and
- ✓ Free of fever for at least 3 days without mitigating medications and
- ✓ Respiratory symptoms are improving
- ✓ Have been given clearance to return from the Safety Administrator

I Have Tested Positive for COVID-19

You must notify us!

1. Text us at 320-212-1556 or email safety@ridgewater.edu immediately
2. Submit the *COVID-19 Reporting Form*
3. Inform your instructors*/supervisor

Begin 10-day isolation from the time of your test or the onset of symptoms, whichever is longer.

You can return to work/school when:

- ✓ Quarantine time is complete and
- ✓ Free of fever & symptoms for at least 3 days without mitigating medications and
- ✓ Respiratory symptoms are improving
- ✓ Have been given clearance to return from the Safety Administrator

For additional guidance from the Minnesota Department of Health regarding close contact during COVID, see an additional resource at health.state.mn.us/diseases/coronavirus/contact.pdf.

Ridgewater College is a member of Minnesota State and an equal opportunity employer/educator.

For questions or concerns please contact: safety@ridgewater.edu

***Instructors:** If you are notified by a student text us at 320-212-1556 or email safety@ridgewater.edu as soon as possible to assist in the reporting process.

Note: If you are experiencing COVID-19 symptoms with no known exposure, providing a negative COVID-19 test result may assist in your return to campus. If you have been exposed to someone who was symptomatic but has tested negative, this information may also be useful.

Next Steps: Contact Tracing & Campus Notification

Ridgewater College will ensure that affected individuals are appropriately notified in accordance with health department guidelines and privacy laws.

CONTRACT TRACING:

Our Safety Administrator will contact each student/employee who reports COVID-19 symptoms, exposure, or a positive test to do contact tracing. Other students and staff who have been exposed will be notified and required to begin a 14-day quarantine.

CAMPUS NOTIFICATION:

Updates on the number of COVID-19 cases on our campus will be sent out regularly via email from President Johnson. Additionally, the numbers are being tracked and reported on the *Minnesota State Dashboard*.