



## COVID-19 Employee Guidelines and FAQs

This information is subject to change as new resources and information become available.

**\*\*\* If you need to report a Covid-19 case or if you need to report that you have been exposed to someone who tested positive for Covid-19, send an email promptly to [covid@angelina.edu](mailto:covid@angelina.edu). Remember to notify your direct supervisor via email as well.**

At Angelina College, we take pride in looking out for one another. Our most recent challenge is protecting ourselves and our community from COVID-19. To assist in this goal, we can take several simple steps to ensure this year is safe and productive.

- **Get vaccinated for SARS-CoV-2.**
  - The COVID-19 Vaccine is the most effective method of protecting you and those around you.
- **Wear a face mask when indoors**
  - People at high risk or who have weakened immune systems may NOT be protected even if they're fully vaccinated. Wearing a face mask can help to protect them.
- **Social distancing**
  - Maintaining a distance of six feet can protect yourself and others from the potential spread, which is very important for those at high risk of getting sick.
- **Wash your hands often for at least 20 seconds**
  - It is especially important to wash before eating, touching your face, using the restroom, and leaving public places.
  - Hand sanitizer will work if you're unable to wash your hands.
- **Monitor your health daily**
  - Be alert for symptoms. Watch for fever, cough, shortness of breath, and other COVID-19 symptoms.
- **When sick, stay home**
  - Except to get medical care!
  - Stay hydrated and get plenty of rest. Use over-the-counter meds to help with symptoms.
  - Separate yourself from others to protect them from potentially getting sick.
  - Stay in touch with your doctor.

**I think or know I had COVID-19, and I had symptoms. What should I do?**

**\*\*\* report your COVID-19 status to [covid@angelina.edu](mailto:covid@angelina.edu) and also email your direct supervisor.**



You can be around others after:

- At least 5 days since symptoms first appeared and
- 24 hours with no fever and without the use of fever-reducing medications
- Other symptoms of COVID-19 are improving
- Wear a mask day 6-10, preferably N95 or double surgical masks per ACCHD

\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

\*\*Note that these recommendations do not apply to people with severe COVID-19 or with weakened immune systems (immunocompromised).

### **I tested positive for COVID-19 but had no symptoms. What should I do?**

\*\*\* *report your COVID-19 status to [covid@angelina.edu](mailto:covid@angelina.edu) and also email your direct supervisor.*

If you continue to have no symptoms, you can be around others after at least 5 days have passed since you had a positive viral test for COVID-19, so long as you continue to wear a mask for up to day 10, preferably N95 or double surgical masks per ACCHD.

If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”

### **I was severely ill with COVID-19 or have a weakened immune system caused by a health condition or medication. What should I do?**

People who are severely ill with COVID-19 might need to stay home longer than 5 days and up to 20 days after symptoms first appeared. [People with weakened immune systems](#) may require testing to determine when they can be around others. Talk to your healthcare provider for more information. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

### **What do I do if I have been exposed to someone who tested positive for COVID-19?**

\*\*\* *report your COVID-19 status to [covid@angelina.edu](mailto:covid@angelina.edu) and also email your direct supervisor.*

1. ALL individuals **exposed** to a COVID-19 positive person can:
  - a. Remain on campus and continue their regular duties while FULLY MASKED at



all times when in the presence of others. (Preferably an N-95 or double surgical masks to avoid spreading the virus). If they become symptomatic, they are to leave campus and seek testing or remain off campus for at least 5 days after symptom onset and at least one-day symptom free without medication.

OR

- b. If they choose not to wear a mask, they should remain in quarantine for the recommended 10-day period.

2. Any individual who **tests positive** can:

- a. Return to campus after at least 5 full days of symptom onset (or positive test date for asymptomatic) AND at least one of those days with no fever without medication and other symptoms improving. Wear an N95 or double surgical mask day 6-10.

OR

- b. If one chooses not to wear a mask, continue to isolate at home days 6-10.

From the Center of Disease Control:

- Testing for COVID-19 and Contact tracing
  - Fully vaccinated faculty, staff, and students do not need to undergo routine COVID-19 screening testing.
  - If a fully vaccinated person is exposed to someone with COVID-19 or exhibiting COVID-19 symptoms, it is recommended they get tested upon onset of symptoms or on the 5<sup>th</sup>-7<sup>th</sup> day after exposure for asymptomatic.

### **What do I do if a student informs me that they have COVID-19 or have been exposed to someone who has COVID-19?**

Get the student's contact information and notify them that they should not come to campus until they receive additional information.

**\*\*\* report their COVID-19 status to [covid@angelina.edu](mailto:covid@angelina.edu).**

### **What's the difference between quarantine or isolation?**

- You **quarantine** when you might have been exposed to the virus.
- You **isolate** when you have been infected with the virus, even if you don't have symptoms.



The Center for Disease Control (CDC) believes at this time that symptoms may appear 2-14 days after exposure and/or close contact.

Symptoms may be flu-like, ranging from mild to serious, and include:

- Cough
- Fatigue
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Nausea
- Vomiting
- Diarrhea

Look out for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

***This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.***

If you are unable to work from home, you may use sick leave while you are at home in isolation/quarantine. Maintain communication with your supervisor.

Helpful link

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The preceding guidelines and protocols are established in accordance with SY 20-21, Executive Order GA-38, TEA Public Health Guidance of September 17, 2021, and CDC Guidelines for Institutions of Higher Education as of November 4, 2021, as well as the widespread availability of vaccines to the SARS-CoV-2, the virus that leads to the disease, COVID-19.

These Guidelines have been modified from the interim public health recommendations as of November 9, 2021, Guidance for COVID-19 Prevention in K-12 Schools on November 4, 2021, and by the Centers for Disease Control and Prevention in regards to the Delta and Omicron variants.