

FREQUENTLY ASKED QUESTIONS

What are signs of COVID illness? Anyone who is ill, or who lives with someone who is ill, should stay home and self-isolate/quarantine. Symptoms of COVID include: fever/chills, cough, shortness of breath, difficulty breathing, muscle/body aches, headache, new loss of taste or smell, and sore throat. Early in July, the CDC also added nausea, vomiting, and diarrhea to the official COVID symptom list.

What is an exposure? An exposure is when YOU are in close contact with someone who has tested positive with COVID. The CDC and health department define close contact as being within 6 feet of someone who is positive for COVID for 10 minutes or longer. If you are exposed, you need to quarantine for 14 days.

When can students/staff return to school after symptoms/illness?

There are three ways for student/staff to return to campus after they experience COVID symptoms/illness:

- Wait 72 hours after all symptoms resolve **AND** 10 days from when symptoms began (no proof required). This waiting period would require the program to allow the student to work remotely (if SAP is < 150%) or be placed on a Leave of Absence.
- Provide proof of a negative COVID test.
- Wait 72 hours after symptoms resolve and provide a health provider note that an alternate diagnosis explains the symptom (i.e. on 7/9/2020 John Doe was seen for strep throat, etc. with MD office signature. MD offices will only do this for patients who are seen and have a diagnosis that explains the symptoms established).

When can students/staff return to school after an exposure?

After they have quarantined for 14 days, or in certain circumstances after the health department allows them to return with a negative COVID test result. This waiting period would require the program to allow the student to work remotely (if SAP is < 150%), or be placed on a Leave of Absence.

How do I handle illness or exposure in the classroom?

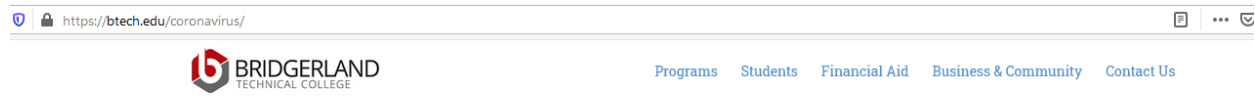
- Quietly and confidentially contact your AVP who will assist you. Remember these are regulated (FERPA/HIPAA) conversations
- The AVP will contact the Health Department if necessary
- Be sensitive and kind. Do not have private conversations about health in classrooms
- Do not make verbal announcements to your class. If students need to be contacted, the health department or administration at the health department's request will inform students

If a student contacts you via telephone or email to let you know that they are exposed or ill, you should document the conversation and instructions given in the Contact Tracing database. You will need to enter the student's number and make a note in the comments field on the date the conversation is held.

Is it safe to Travel? What do I do if my student/staff has traveled out of state, or out of the country?

Currently, the State of Utah and CDC recommend limiting travel, especially to areas of high risk. Because of current spikes in infection travel plans cannot be "cleared" in advance. They have to be considered upon return from travel. This should be done via telephone or email. If your student travels out of state, you will need to determine if they traveled to an area of greater risk than the Bear River region. If they have, you should recommend a 14-day quarantine before they return to school or have them consider COVID testing. You can compare risk by looking at the "Infection Rates by County" found at <https://btech.edu/coronavirus/> under Additional Resources, Travel (see image below).

You want to compare "Cases per 100,000". Contact your AVP if you need assistance. All international travel currently requires a 14-day quarantine upon return.



Additional Resources

- + PREVENTION
- + TESTING
- + COMMUNITY RESOURCES
- + COPING
- TRAVEL

 - US Travel**
 - [Travel Considerations](#)
 - [Infection Rates by County](#)
 - International Travel**
 - [Return from International Travel](#)

