

# Cincinnati State COVID-19 Guidelines – Fall 2022

(Based on [CDC guidelines](#) as updated on 8/11/2022)

I have tested positive for COVID-19:	I have been exposed to someone with COVID-19:
<p style="text-align: center;"><b><u>If you have no symptoms:*</u></b></p> <p><b>Stay home for 5 days &amp; notify College instructors/supervisor.</b></p> <p>Day 0 is the day you were tested.</p> <p>Day 1 is the <b>first full day</b> after you have tested</p> <p><b>Isolate</b> (stay away from people who are not sick) until <b>AFTER</b> day 5.</p> <p><b>AFTER day 5 you may return to classes/work.</b></p> <ul style="list-style-type: none"> <li>• If you end isolation after day 5, wear an N95 or KN95 mask** until <b>AFTER</b> day 10.</li> </ul>	<p style="text-align: center;"><b><u>If you have symptoms:*</u></b></p> <p><b>Stay home for at least 5 days &amp; notify College instructors/supervisor.</b></p> <p>Day 0 is the day your symptoms started-- not the day you received a positive test result.</p> <p>Day 1 is the <b>first full day</b> after your symptoms started.</p> <p><b>Isolate</b> (stay away from people who are sick) for at least 5 full days.</p> <p><b>AFTER day 5 you may return to classes/work if</b> you are fever free for more than 24 hours without the use of fever reducing medication.</p> <ul style="list-style-type: none"> <li>• If you end isolation after day 5, wear an N95 or KN95 mask** until <b>AFTER</b> day 10.</li> </ul> <p><b>Continue to isolate (stay home) until AFTER day 10 if</b> you had moderate illness (fever plus difficulty breathing) or were hospitalized, or have a weakened immune system.</p> <ul style="list-style-type: none"> <li>• If you were hospitalized, consult your health care provider before returning to school/work.</li> </ul>
<p style="text-align: center;"><b>Start precautions <u>immediately</u></b></p> <p style="text-align: center;">(“Exposed” means within 6 feet of someone with COVID-19, for 15 minutes or more during a 24-hour period)</p> <p><b>Staying home is not required.</b></p> <p>Wear an N95 or KN95 mask** as soon as you find out you were exposed.</p> <p>Day 0 is the day of your last exposure to someone with COVID-19.</p> <p>Day 1 is the <b>first full day</b> after your last exposure.</p> <p>Continue wearing a mask and taking precautions for 10 full days.</p> <p>Watch for symptoms*. If you develop symptoms:</p> <ul style="list-style-type: none"> <li>• Isolate immediately (stay away from people who are not sick)</li> <li>• Get tested</li> <li>• Stay home until you get the test result</li> <li>• Follow the instructions for testing positive if your test is positive for COVID-19.</li> <li>• If you test negative, continue wearing a mask and taking precautions until <b>AFTER</b> day 10.</li> </ul>	

\* **Symptoms** can include: Fever above 100.4 degrees, new or worsening cough, body aches and/or chills, mild or moderate difficulty breathing, sore throat, vomiting or diarrhea, loss of ability to taste and/or smell. (*Loss of taste and/or smell may be a lingering symptom and should not delay the end of isolation.*)

\*\* **N95/KN95 face masks** are available on campus. Students should ask instructors; employees should check with division/department office.