

**BCC Covid 19 Quarantine Guidelines For Staff and Students
As Recommended by the CDC and Local Health Department**

1. EXPOSURE –

- If you have been exposed to the virus – within 6 feet or less for an accumulation of 15 minutes or more – follow these guidelines:
- Report your status to your supervisor/instructor. He/she will report your information to BCC administration, who will notify the county health department
- **If vaccinated**
 - **You DO NOT have to quarantine, unless exhibiting symptoms**
 - Monitor yourself for symptoms for 10 days from last exposure
 - Wear a mask when around others indoors during that time period
 - If you develop symptoms, follow “positive covid” protocol in #2
- **If not vaccinated**
 - Stay home for 10 days after your last contact with a person who has Covid
 - Watch for symptoms – fever, cough, shortness of breath, or other symptoms
 - If no symptoms, at day 8 stop taking any fever reducing medicines (aspirin, Tylenol, etc.)
 - Take your temperature at day 10, if no temperature or other symptoms return to work/school on day 11

2. POSITIVE COVID -

- If you develop Covid – report your status to your supervisor/instructor, just like you do for any illness when you will be absent. If possible, provide them with names and phone numbers of those that you have been in close contact with – defined as 6 feet or less for a total of 15 minutes or more
- Your supervisor/instructor will report your information to BCC administration, who will notify the county health department. Follow this protocol:
 - Quarantine at home for 10 days from onset of symptoms or 10 days from test date, if asymptomatic
 - Day 8 with Covid stop taking fever reducing medicines (aspirin, Tylenol, etc.)
 - Day 10 take your temperature.
 - If fever free you may return to work on the 11th day
 - If still positive wait another 3-5 days until symptom free and no fever

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