

# Wingate University Isolation & Close Contact Exposure Policies

## Isolation Guidelines for employees and students:

**If you test positive** for COVID-19 you should isolate for at least 5 full days from symptom onset or date of asymptomatic testing. \*Notify the Health Center immediately at (704) 233-8102 (Monday-Friday 8am-4pm). If the Health Center is closed, please contact the Health Center by email at [health.center@wingate.edu](mailto:health.center@wingate.edu) for follow up the next business day. If the Health Center is closed, the student can contact the Residence Life RD on duty at (980) 210-4950 for guidance. If you live on campus, you will be asked to go home to isolate. **Isolation space on campus is not available.** If the student is not able to go home to isolate they will have to remain in their assigned residence space. In such a situation the infected student should inform the exposed roommate(s) that they are a close contact so they may make temporary alternative living arrangements as needed. Students need to understand that living in a campus/residential setting places the individual at risk for exposure to communicable diseases such as Influenza (Flu) and COVID-19.

- You can end isolation after at least 5 full days, if you are fever-free for 24 hours without the use of fever-reducing medication, and your other symptoms are improving. If you have a fever or your symptoms are persisting or worsening, continue to remain in isolation until you are fever free and your symptoms have improved (up to 10 full days). You should contact the Health Center or a health care provider for guidance if your symptoms worsen/don't improve after 5 full days of isolation.
- You should wear a well-fitting mask for an additional 4 days after leaving isolation when you are unable to social distance from others.

## Close Contact Exposure Guidelines for employees and students:

**Updated CDC Guidelines state that a reinfection of Covid-19 is possible within 90 days of testing positive. Current guidelines for close contact exposure to Covid-19 are as follows:**

**1. I have not tested positive for Covid-19 in the last 90 days:**

- a. If you are not having any symptoms**, you will need to mask x 10 days from last exposure and test on Day 6. You may contact the Health Center at (704) 233-8102 to schedule day 6 testing.
- b. If you are having any symptoms or develop symptoms at any time during the 10-day period following exposure**, you should notify the Health Center immediately to test. If the Health Center is closed, you should test at an outside facility and email the Health Center at [health.center@wingate.edu](mailto:health.center@wingate.edu). If you test positive, you will begin isolation. If you test negative, you can continue normal activity while continuing to wear a mask when around others.

**2. I have tested positive for Covid-19 in the last 90 days:**

- a. My first positive test result was within 30 days or less and I have symptoms:** I should undergo a rapid antigen Covid test. If I test negative, I should mask when around others for 10 days following my last exposure. Repeat antigen testing may be appropriate 48hrs after the negative test result. If I test positive, I should begin isolation.
- b. My first positive test result was within 30 days or less and I DO NOT have symptoms:** Testing is not recommended to detect a new infection.
- c. My first positive test result was within 31-90 days and I have symptoms:** I should undergo a rapid antigen Covid test. If I test negative, I should mask when around others for 10 days following my last exposure. Repeat antigen testing may be appropriate 48hrs after the negative test result. If I test positive, I should begin isolation.
- d. My first positive test result was within 31-90 days and I DO NOT have symptoms:** Quarantine is not required. I should undergo a rapid antigen Covid test on the 6th day following my last exposure. If I test negative, I should mask when around others for 10 days following my last exposure, and can continue normal daily activity. Repeat antigen testing may be appropriate 48hrs after the negative test result. If I test positive, I should begin isolation.