



COVID-19

Quarantine Guidance for Students

On August 24, 2022, the CDC updated guidance for isolation of individuals who have been exposed to someone with COVID-19. Alamo Colleges has updated its procedures for isolation and quarantine to align with this new guidance from the CDC as follows:

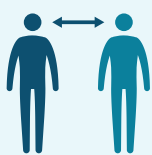
TESTING POSITIVE FOR COVID-19

Guidance for Unvaccinated and Vaccinated Students



STAY HOME FOR 5 DAYS

- Notify your instructor(s) if you test positive for COVID-19.
- Use the [CDC Isolation and Exposure calculator](#) to determine your status.



IF YOU'RE FEELING BETTER OR SYMPTOMS ARE RESOLVING AFTER 5 DAYS

- If you have no symptoms, or your symptoms are resolving after 5 days, work with your instructor to return to class on-site.
- If you have access to a test and want to get tested, the best approach is to use an antigen test towards the end of the isolation period. Do not take a PCR test for 90 days after testing positive as it will continue to read positive.
- Keep a safe distance from others and avoid gathering in crowded spaces.



CONTINUE TO WEAR A MASK FOR AN ADDITIONAL 5 DAYS

- If your symptoms are resolving after 5 days, your instructor will clear you to return to campus wearing a well-fitted mask for another 5 days.
- If your symptoms are not resolving or you are unable/unwilling to wear a mask for an additional 5 days, you will be required to stay home until cleared by your instructor.

EXPOSED TO SOMEONE WITH COVID-19



WEAR A MASK AROUND OTHERS FOR 10 FULL DAYS.



IF YOU DEVELOP SYMPTOMS, GET TESTED AND STAY HOME.



GET TESTED AT LEAST 5 FULL DAYS AFTER YOUR LAST EXPOSURE.

DEFINITIONS

- **Exposed** - you have been in close proximity (within 6 feet) for more than 15 minutes with someone who had COVID-19 symptoms or tested positive.
- If you are exposed, notify your instructor(s) and follow the exposure steps above.
- If you are unable/unwilling to wear a well-fitting mask for 10 days, you may not return to campus until cleared by your instructor.
- * **Up to Date on Vaccines** - When you have received all doses in the primary series and all boosters recommended for you, when eligible.
- * **Not Up to Date on Vaccines** - Unvaccinated or when you have not received all doses in the primary series or all eligible booster recommended for you.

REMOTE LEARNING

Your instructor will guide you on how to continue your coursework remotely while you are unable to come to campus.