

EVOLVING COVID-19 GUIDELINES

UNIVERSITY OF MIAMI POLICY, EFFECTIVE MARCH 10, 2021

SYMPTOMS OR EXPOSURE

Feel sick with COVID-19 symptoms and/or positive test

See below for COVID-19 symptoms.*



Close Contact Exposure

Defined as within 6 feet of COVID-19-infected person where cumulative contact exceeds 15 minutes within a 24-hour time period, even when wearing a face mask.



For health care workers wearing PPE during exposure, contact COVID-19 hotline for guidance, as quarantine varies depending on specific types of PPE used.

Travel, Business or Personal

Defined as travel outside the state of Florida, regardless of modality, and inside the state of Florida by air.



TESTING AND QUARANTINE RECOMMENDATIONS

Isolate for 10 days with 1 day of no fevers without use of fever-reducing medication and symptom improvement. (Immunocompromised patients may need to isolate for 20 days.)

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

Per the CDC, isolation means you have COVID-19 and should stay home until it's safe for you to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

Must obtain a standard PCR test, not a rapid test, as soon as symptoms start.

Must participate in contact tracing.

As long as you are symptom-free for 24 hours by the completion of the 10 days, there is no need to retest after end of quarantine.

Quarantine **

If no symptoms, quarantine for 7 days.

As defined by the CDC, quarantine means you have been exposed to the COVID-19 virus and you must stay away from others to help prevent the spread of disease. You should stay home, separate yourself from others, and monitor your health for signs of infection.

On day 5 or 6 of quarantine, get a PCR test through the Student Health Service and/or by calling **305-243-ONE-U**.

If negative, quarantine must continue for the full 7-day period. At that point, you can return to work or school.

If positive, you must isolate for 10 days from the date of your first positive test result.

All direct contact associates who return to campus need to apply University of Miami Preventive Measures listed below.

If you have a documented positive COVID-19 PCR test within 90 days and are asymptomatic, you do not need to quarantine or retest as long as you have not developed new symptoms. However, you will need to obtain clearance to return to work.

If you are vaccinated and have an exposure to someone with suspected or confirmed COVID-19, you are not required to quarantine if you meet ALL of the following criteria:

- Are fully vaccinated (i.e. ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine)
- Are within 3 months following receipt of the last dose in the series
- Have remained asymptomatic since the current COVID-19 exposure

** If asymptomatic and working as critical health care worker, you can continue to work with appropriate PPE and do not need to quarantine.

Get Tested

After returning from travel for business or personal reasons, **all employees must be tested** and be **asymptomatic before returning to work**.

It is advised that employees are responsible for returning home in sufficient time to obtain mandated testing and the 24 to 48 hours to receive the result. Failure to provide sufficient time for testing may result in time off without pay.

Employees should contact **305-243-ONE-U** and identify themselves to schedule a test to include the fact that they have traveled and are required to be tested in order to return to work.

If you have a documented positive COVID-19 PCR test within 90 days and are asymptomatic, you do not need to retest but will need to obtain clearance to return to work.

UNIVERSITY OF MIAMI PREVENTIVE MEASURES

- If any COVID-19 symptoms develop, immediately self-isolate and report this change in clinical status.
- Students, faculty, and staff must be particularly diligent in answering the Symptom Monitoring questions.
- Students, faculty, and staff must remain 100 percent asymptomatic to attend work sites, including offices, fields, etc.
- Students, faculty, and staff must rigorously and consistently observe our preventive measures, particularly while at work but also away from work (6-foot distancing, wearing face mask when with other members of the community, frequent hand washing/sanitizing, surface scrubbing, etc.).

*COVID-19 SYMPTOMS ACCORDING TO CDC

1. Cough
2. Shortness of breath/difficulty breathing
3. Fever $\geq 100.4^\circ$ F
4. Chills (feeling cold with uncontrolled shaking of your muscles)
5. Muscle pain
6. Sore throat
7. New loss of smell and/or taste
8. GI symptoms (with no obvious cause), like nausea, vomiting, and diarrhea