A Guide for Student COVID-19 Exposure

Citrus College

Note: all Citrus College students must complete the daily pre-screening form inthe CitrusMobile app prior to visiting campus.

POSSIBLE EXPOSURE — in contact with someone who is ill or COVID-19 positive

If you have had:
- Contact of less than 6 feet for at least 15 minutes with an individual who has symptoms, even if a face covering is worn; **OR**
- Contact with an individual or an individual's bodily fluids who has tested positive for COVID-19, but who has not had any symptoms

Do the following:
If unvaccinated:
- Immediately (within 24 hours) notify the college nurse at the Student Health Center via email (shc@citruscollege.edu) of your possible exposure. Also notify your instructor(s) and ensure that your responses in the daily pre-screening form on the app reflect your current COVID-19 status
- Quarantine yourself in your home, per Centers for Disease Control and Prevention (CDC) guidelines
- Do not return to campus for 10 days from the date of exposure. After 10 days, you may be able to return to campus as long as you do not develop symptoms or have a positive test result

If vaccinated:
- Monitor yourself for symptoms and continue to complete the daily pre-screening survey

TEST POSITIVE — but don't have symptoms

If you have:
- Been tested for COVID-19 by a health care professional and received a positive test, but are not currently experiencing symptoms

Do the following:
- Immediately (within 24 hours) notify the college nurse at the Student Health Center via email (shc@citruscollege.edu) of your diagnosis/test results. Also notify your instructor(s) and ensure that your responses in the daily pre-screening form on the app reflect your current COVID-19 status
- Compile a list of individuals you have been in physical contact with, within the last 48 hours
- Isolate yourself from others, including those in your household. Do not share food, utensils, etc.
- Follow your health care provider's directions and CDC guidelines (e.g., monitoring symptoms and checking your temperature every 12 hours)

TEST POSITIVE — and have symptoms

If you have:
- Been tested for COVID-19 by a health care professional, received a positive test, and are experiencing symptoms such as fever (100.4 F) or chills, cough, shortness of breath or difficulty breathing, fatigue, chest pain, bluish lips, muscle or body aches, headache, loss of taste or smell, and/or sore throat

Do the following:
- Immediately (within 24 hours) notify the college nurse at the Student Health Center via email (shc@citruscollege.edu) of your diagnosis/test results. Also notify your instructor(s) and ensure that your responses in the daily pre-screening form on the app reflect your current COVID-19 status
- Compile a list of individuals you have been in physical contact with, within the last 48 hours
- Isolate yourself from others, including those in your household. Do not share food, utensils, etc.
- Follow your health care provider's directions and CDC guidelines (e.g., monitoring symptoms and checking your temperature every 12 hours)
- Do not visit campus until:
    - ◊ You have had no fever for 72 hours (without using fever-reducing medication during that time);
    - ◊ Your respiratory symptoms have improved; **AND**
    - ◊ It has been at least 10 days since your symptoms first appeared

TEST NEGATIVE — but have symptoms

If you have:
- Been tested for COVID-19 by a health care professional and received a negative result, but are currently experiencing symptoms

Do the following:
- Report symptoms to the college nurse at the Student Health Center via email (shc@citruscollege.edu) and notify your instructor(s)
- Quarantine yourself at home
- Do not visit campus for 10 days from the date of your test AND only when your symptoms have improved, including:
    - ◊ You have had no fever for 72 hours (without using fever-reducing medication during that time)
    - ◊ Your respiratory symptoms have improved