UPSTATE
University of South Carolina

COVID Exposure Guidelines

If you have been identified as a close contact exposure* to COVID-19, please carefully review guidance below, in accordance with CDC, DHEC and USC Upstate.

I have been exposed to COVID, now what?

> **Step 1** – Review guidelines below to determine if you should quarantine.

> **Step 2** – If you meet quarantine criteria, notify your instructors**, supervisor, household members, residential life if you live in campus housing, and other campus departments as needed.

> **Step 3** – Plan your test. USC Upstate offers weekly testing clinics for asymptomatic testing. Call Health Services for a drive-up test if you develop symptoms.

<u>**Quarantine Guidelines:**</u>

If you are NOT up-to-date on COVID-19 vaccinations, and have NOT tested positive in the last 90 days:

IF YOU Were exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations	Quarantine for at least 5 days	After quarantine	If you remain asymptomatic and test negative, take precautions until day 10
	Stay home Stay home and quarantine for at least 5 full days. Wear a well-fitted mask if you must be around others in your home.	**Watch for symptoms** Watch for symptoms until 10 days after you last had close contact with someone with COVID-19. Do not return to work or class if you have any symptoms.	**Wear a mask** Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
	Get tested Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.	**If you develop symptoms** Isolate immediately and call Health Services to get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	**Avoid travel** Avoid being around people who are at high risk

Calculating Quarantine:
The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. Learn why CDC updated guidance for the general public.

If you tested positive within the last 90 days*:

IF YOU were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)	No quarantine You do not need to stay home unless you develop symptoms.	Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19. Do not return to work or class if you have any symptoms. If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	If you remain asymptomatic and test negative, take precautions until day 10 Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. Avoid travel Avoid being around people who are at high risk.

*BE SURE TO UPLOAD PROOF OF POSITIVE TEST TO YOUR HEALTH PORTAL.

If you are up-to-date on COVID-19 vaccinations:

IF YOU Were exposed to COVID-19 and are up-to-date on COVID-19 vaccinations*	No quarantine You do not need to stay home unless you develop symptoms. Get tested Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.	Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19. If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.	Take precautions until day 10. Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. Avoid travel Avoid being around people who are at high risk.

IF YOU ARE UP-TO-DATE ON VACCINATIONS BUT HAVE NOT UPLOADED YOUR DOCUMENTATION, PLEASE VISIT THE HEALTH PORTAL TO DO SO.

If you test positive:

Upload results to your Health Portal. Stay home, attend all classes virtually, do not come to campus, or attend any on or off campus events, even if they are outdoors. Please be aware Health Services phones are answered by USC Upstate staff Monday- Friday, 8:30 am – 5:00 pm, and calls are transferred to Spartanburg Regional Triage Nursing line after business hours.

Close contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.

*** Health Services will be sending class absence notifications only for confirmed positive COVID-19 cases. At this time, it is the individual's responsibility to self-report quarantine absences.*