

Wingate University Health Center

Covid-19 Contact Tracing Policy

**1. What is contact tracing?**

- Contact tracing is used by health departments to prevent the spread of infectious disease. Contact tracing involves identifying people who have an infectious disease (cases) and people who they came in contact with (contacts) and working with them to interrupt disease spread. This includes asking people with COVID-19 to isolate and their contacts to quarantine at home voluntarily.

**2. What does contact tracing involve?**

- Interviewing people with COVID-19 to identify everyone they had close contact with during the time they may have been infectious (up to 48 hours before their symptoms first began)
- Notifying contacts of their potential exposure
- Referring contacts for testing
- Monitoring contacts for signs and symptoms of COVID-19
- Connecting contacts with services they might need during the self-quarantine period

**3. What a person diagnosed with COVID-19 can expect to happen during contact tracing:**

- If you are diagnosed with COVID-19, a public health worker and a representative from the Wingate University Health Center will call you to check-in on your health, discuss who you've been in contact with, and ask where you spent time while you may have been infectious and able to spread COVID-19 to others. You will also be asked to stay at home or in an on campus isolation location, and self-isolate, if you are not doing so already.
- Your name will not be revealed to those you may have exposed, even if they ask.
- Self-isolation means staying at home in a specific room away from other people and pets and using a separate bathroom, if possible.

**4. What a close contact can expect to happen during contact tracing:**

- If you have been in close contact with someone on campus who has COVID-19, a representative from the Wingate University Health Center will contact you to inform you that you've been exposed to COVID-19.
- You should stay at home if you are a commuter or staff member, or you will be instructed to remain in your current living quarters on campus, or moved to a specified quarantine area and instructed to self-quarantine for up to 14 days, starting from the last day you were possibly exposed to COVID-19. The Wingate University Health Center representative will help identify the dates of your quarantine. They will also provide resources about COVID-19 testing and medical services while you are in quarantine.

- Individuals who have been asked to quarantine will not be allowed to attend in-person classes, go to work, and should not inhabit any university building. Meals will be brought to the rooms of residential students.

**5. What is a close contact?**

- Close contact refers to anyone who was less than six feet from the infected person for more than 15 cumulative minutes in a 24 hour period.
- For persons previously diagnosed with symptomatic COVID-19 who remain asymptomatic after recovery, retesting is not recommended within 3 months after the date of symptom onset for the initial COVID-19 infection. In addition, quarantine is not recommended in the event of close contact with an infected person.
- Anyone that has been fully vaccinated against Covid-19 does not have to quarantine as long as they remain asymptomatic, if identified as a close contact.

**6. What will I do about class/work while I'm required to quarantine?**

- The Health Center will notify all supervisors when an employee is required to enter into isolation or quarantine. The employee will be required to work from home as able.
- Students will not be allowed to attend in-person classes and will be required to participate via online classes as able.
  - The Wingate University Health Center will notify faculty if students are unable to attend classes.

**7. What should I do if I begin feeling sick (or am having symptoms) while I'm in quarantine?**

- Someone from the Wingate University Health Center or designated representative will be communicating with you at least once daily via phone, text, or email. A daily symptom monitoring form will also be sent to the patient while they are in quarantine or isolation. One of the nurse practitioners from the health center will provide any necessary care virtually or in-person, depending on any changes in symptoms. Should any of your symptoms worsen and it becomes inappropriate to continue your care through the Health Center, your care will be transferred to Atrium Health-Union in Monroe, or another local hospital in your community.