



## Guidelines for Students Exposed to or Infected with COVID-19

Mitchell Community College follows [CDC Isolation and Quarantine Guidelines](#) for anyone who has tested positive for COVID-19, has symptoms of COVID-19, or been exposed to others who have COVID-19.

### Notifying the College of COVID-19 Exposure

Notifying the College of your COVID-19 infection or exposure **is required if you are enrolled in a course that has any in-person meetings**. The following College personnel must be notified immediately upon a student receiving confirmation of a positive COVID-19 test result or notification of exposure to someone with a positive COVID-19 test result:

- Marks Elder, [melder@mitchellcc.edu](mailto:melder@mitchellcc.edu), (704) 878-3364
- Dr. JJ McEachern, [dmceachern@mitchellcc.edu](mailto:dmceachern@mitchellcc.edu), (704) 878-3281

### I have tested positive for COVID-19. You can be around others after:

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving\*

\*Loss of taste and smell may persist after recovery and need not delay the end of quarantine/isolation.

### I tested positive for COVID-19, but had no symptoms. You can be around others after:

- If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.
- If you develop symptoms **after** testing positive, follow the guidance above for "I have tested positive for COVID-19."

### I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. You can be around others after:

- People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared.
- Persons who are severely immunocompromised may require testing to determine when they can be around others.
- Talk to your healthcare provider for more information.

### I have been around a person with COVID-19

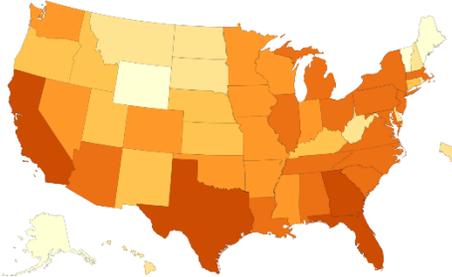
- Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person.

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

**While you are recovering from COVID-19, special accommodations can be made to ensure you stay on track with your school work.** With a doctors' notice, Mr. Marks Elder will assist you with obtaining accommodations for your course. Contact Mr. Elder at [melder@mitchellcc.edu](mailto:melder@mitchellcc.edu) or (704) 878-3364.

### **I have recently returned from a location that is considered a "hotspot". What should I do?**

Due to the nature of the virus, areas that are considered "hotspots" are subject to change. If you've returned from a COVID-19 "hotspot" within the last 10 days, CDC Guidelines and Mitchell Community College, requires you need to stay at home for 10 days. To calculate the time you need to stay home, take the date you returned home from the hotspot, and add 10 days. This is the date you may return to campus **if you're not exhibiting COVID-19 symptoms.**



Follow this link for an up-to-date map of locations experiencing surges in COVID-19 cases: <https://www.cdc.gov/covid-data-tracker/#cases>

### **What are the COVID-19 Symptoms?**

People with COVID-19 have had a wide range of [symptoms](#) reported—ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. COVID-19 symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. [CDC](#) will continue to update this list as we learn more about COVID-19.

### **How do I protect myself from COVID-19 while on campus?**

In accordance with the guidance provided by the Centers for Disease Control and Prevention, the College recognizes the use of cloth face coverings may reduce the spread of COVID-19. Face coverings will be required to be worn by students, faculty, staff and visitors in all Mitchell Community College buildings and locations used by the College. **This includes face coverings being worn at all times in classrooms and laboratories.** Face coverings will also be required in outdoor spaces on campus property where appropriate physical distancing cannot be maintained.

In addition to wearing face coverings:

- Wash your hands often
- Practice physical distancing
- Cover coughs and sneezes
- Monitor your health daily for symptoms

Click [here](#) for additional personal safety precautions. Your safety remains our number one concern.

Take care,

**Dr. Daniel JJ McEachern**

Vice President for Student Services