COVID-19 Guidance
August 2021

POSITIVE TEST RESULT

You should isolate away from others as soon as you receive notification of positive test result. You should not isolate in group settings. Only the Florida Department of Health can clear you from isolation.

The FSU SAFER Team is an extension of the Florida Department of Health in Leon County and helps FSU students with faster processing. If you have a positive test result, you should immediately inform the FSU SAFER Team via the Daily Wellness Check at my.fsu.edu.

- If you remain without symptoms during the entire 10 days (asymptomatic): Isolate for 10 full days from date of positive test result. (You may be released from isolation on the 11th day.)

- If you develop symptoms (symptomatic): Isolate for a minimum of 10 days from date of positive test results AND resolution of fever without the use of fever-reducing medications AND improvement in symptoms for 24 hours. *Note that FSU HR return to work policy relies on test date only.*

- In the rare cases when people become severely ill and require hospitalization or have immunosuppression, it may be necessary to isolate for 20 days or longer. These are to be decided with close consultation with the Florida Department of Health.

If you think you have a false positive, you must isolate until you receive official clearance. We recommend you seek a PCR test immediately for confirmation of result. A PCR test is the most accurate test available at this time.

If you need medical attention, please call UHS or your personal physician. To make an appointment at UHS, call 850-644-4567.

CLOSE CONTACTS

According to the CDC , close contact is defined as:

- You were within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period (congregate activities qualify)
- You live in a home with someone with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

WHAT TO DO NEXT

For unvaccinated individuals, quarantine for 10 days away from others after an exposure.

- o A test is recommended 5-7 days after the last date of exposure, even if you don't have symptoms.

For vaccinated individuals, quarantine is not required if you do not have symptoms.

- o Please submit proof of vaccination here. This will be confidentially shared with the Florida Department of Health for the purpose of quarantine release if your record is not already on file.
- o A PCR test is recommended 3-5 days after your exposure, even if you don't have symptoms.
- o You should wear a mask in public indoor settings ~~indoors in public~~ for 14 days following exposure or until your PCR test result is negative.
- o If you develop symptoms, (even after an initial negative test), please quarantine immediately and test (or re-test) for COVID-19.