

RCC COVID-19 Case Procedures

Rockingham Community College encourages students and employees who have tested positive for or potentially been exposed to COVID-19 to follow guidelines from the Centers for Disease Control and Prevention. Effective Aug. 31, 2022, the college no longer will do contact tracing. Knowledge and understanding of the COVID-19 virus continue to evolve, and CDC guidance is expected to change as more information becomes available.

I. Students/Employees Return to Campus

The following three situations are provided as guidance for determining when students and employees should return to campus:

A. I think or know I had COVID-19, and I had symptoms

You can be with others after:

- 5 full 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* **and**
- Wear a well-fitting mask until day 10 any time you are around others
 - If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10 after you have ended isolation.

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Regardless of vaccination status, you should isolate from others when you have COVID-19. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results. If your results are negative, you can end your isolation.

B. I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after:

- 5 full days after the day you were tested (not the day you received your positive viral test)
- If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset
- Wear a well-fitting mask until day 10 any time you are around others
 - If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10 after you have ended isolation.

If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”

C. I have been exposed to someone with COVID-19

- Wear a mask as soon as you find out you were exposed for 10 full days
 - Day 0 is the day of your last exposure to someone with COVID-19
 - Day 1 is the first full day after your last exposure
- Watch for symptoms, and if you develop symptoms, isolate immediately, get tested, and stay home until you know the results
- Get tested at least 5 full days after your last exposure even if you don't develop symptoms
 - If you test negative, continue wearing a mask through day 10
 - If you test positive, isolate immediately and follow the guidance for "I think or know I had COVID-19"
 - *You can still develop COVID-19 up to 10 days after you have been exposed*

II. Steps to Take After COVID-19 Testing

There are a number of reasons why you may be tested for COVID-19. It may be because you have COVID-19 symptoms, were a close contact of someone with COVID-19, are in a job or a population that may be at higher risk for exposure and suspect you may have been exposed to COVID-19; or are in a job or a population for which routine or repeat testing is recommended or required.

The information below will help you to determine what you should do while you are waiting for your test results, and what to do after your test results are available.

What do I do while I wait for my test results?

If you have any COVID-19 symptoms, you should stay home and, as much as possible, avoid others in your household. In addition, if you were tested because you have COVID-19 symptoms, everyone in your household should stay at home as much as possible until your results are known.

If you were tested for COVID-19 but have no symptoms and no known or suspected exposure to someone with COVID-19 (for example, as part of a workplace screening program), you do not need to stay home while waiting for your results unless you are told to do so by your employer or by a public health official.

What if my test is negative?

If you were tested because you have symptoms, you should stay home until you have no fever without the use of fever-reducing medicines, and you have felt well for at least 24 hours.

If you were tested because you have symptoms and a healthcare provider still thinks you have COVID-19, even with a negative test, you should stay home and, as much as possible, avoid others in your household until you can say yes to ALL three of the following questions:

- Has it been at least 5 days since you first had symptoms?
- Has it been at least 24 hours (1 day) since you have had a fever without using fever-reducing medicine?
- Have your other symptoms improved (such as coughing and shortness of breath)?

A test-based strategy is no longer recommended to discontinue isolation or precautions, and RCC does not require documentation of a negative test before allowing an employee or student to return.

If you were tested for another reason that is not because of a known or suspected contact with someone who tested positive for COVID-19 and have no symptoms, then you can resume your regular activities.

Students who have symptoms or have questions about COVID-19 are advised to contact their instructors.

Employees with questions about COVID-19 may contact Joy Chappell, director of Human Resources, at chappellj@rockinghamcc.edu.