



COVID-19 Guidelines for Employees and Students Interim Guidance

The following are general guidelines for employees and students related to exposure and isolation procedures for all affected by COVID-19.

If Employees Test Positive:

Employees should contact Alicia Hilsher in Human Resources at ahilsher@frederick.edu if they have tested positive for COVID.

If Students Test Positive:

Students should contact the Associate Vice President of Student Affairs at avpstudentaffairs@frederick.edu if they have tested positive for COVID.

Key Definitions

Isolation

If you are sick or test positive, you isolate when you are sick or when you have been infected with the virus, even if you don't have symptoms.

Exposure/Close Contact

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.

Quarantine and Isolation Guidelines

These guidelines are based on guidance from the Centers for Disease Control.

Isolation Guidelines: Please refer to CDC's Isolation page [HERE](#).

If you test POSITIVE for COVID-19
(regardless of vaccination status)

Day 1-5
Stay home

Day 6-10
Wear a mask

End isolation after 5 full days if you are fever-free for 24 hours and your symptoms are improving.

If you were EXPOSED to COVID-19

Day 1-10
Wear a mask

Day 6
Test if possible

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Questions?

For questions related to COVID-19 or clarification of guidelines, please contact the Associate Vice President of Student Affairs at avpstudentaffairs@frederick.edu.

Please note specific vaccination and/or COVID testing policies may be required from programs with Clinical Education experiences based on the policies of our clinical partners.

This document will be updated as needed and posted on the FCC web site.