

EWC COVID-19 Policies and Procedures
What to do if I test positive, have symptoms, or have been exposed?
Updated June 8, 2022

For the purposes of this policy:

Quarantine means: you may not leave your Lincoln Hall room for any reason for the duration of your required quarantine.

Self-Isolation means: Contact with others should be avoided as much as possible, but basic needs – such as shopping for food and essentials, exercise, work, etc – can be met. Residents who self-isolate at Lincoln Hall are prohibited from entering any other EWC building for the duration of their quarantine.

If you test positive, you must do the following immediately:

1. **Return to your room and stay there.** It is important to separate yourself from other people immediately.
2. **Notify EWC Housing AND your EWC Program Coordinator** Please note: this is NOT OPTIONAL. Notification is required under EWC policy.
3. If you are an EWC graduate student: Notify University Health Services (956-8965).
4. Call your healthcare provider and tell them your concerns/test results/symptoms. They will advise you.
5. Pack your things to move to Lincoln Hall for 10-days. Housing will arrange for your move to Lincoln Hall and will advise you of quarantine/self-isolation procedures. You should avoid close contact with other residents and staff as you do this.
6. After you are situated in Lincoln Hall:
 - Activate your support network as needed. Work with Education Program staff and your support networks to help you manage the 10-day quarantine/self-isolation.
 - Confirm emergency contacts with your EWC Program Coordinator.
 - Put together information for contact tracers about where you've been and who you have had contact with during the past 3 days and [notify close contacts](#) yourself*.

What do I do if I have symptoms of Covid-19 but haven't been tested?

1. **Return to your room and stay there.** It is important to separate yourself from other people immediately, just in case you do have Covid-19.
2. **Notify EWC Housing and your EWC Program Coordinator.**
3. **Call your healthcare provider and/or University Health Services (956-8965)** and tell them your symptoms. If they advise you to get a PCR then arrange to do that. Otherwise, take a home antigen test and pack some antigen tests to take with you to Lincoln Hall. If you do not have a store of antigen tests, you can request a rapid test from the front desk of HM. **PLEASE NOTE:** You will need to move to Lincoln Hall for isolation even if your initial antigen test is negative.
4. Pack your things to move to Lincoln Hall for at least 5-days. Housing will arrange for your move to Lincoln Hall and will advise you of quarantine/self-isolation procedures. You should avoid close contact with other residents and staff as you do this.
5. **Please notify Housing and your Program Coordinator if you need to see a medical provider or to get a PCR test and plan/prepare for the following:**
 - Transportation to the testing site (we recommend you use a taxi, Uber or Lyft if not at University Health Services).
 - Activate your support network as needed. Work with East-West Center Program staff and your support networks to manage quarantine/self-isolation.
 - Confirm emergency contacts with EWC and begin preparing for possible contact tracing.

IMPORTANT NOTE: All suspected/symptomatic and confirmed positive cases of Covid-19 will require strict quarantine in Lincoln Hall for some period as outlined below:

Confirmed positive COVID-19 case with or without symptoms

- Will be required to stay in Lincoln Hall for at least 10 days.
 - If you are already in LH due to symptoms, then day 1 is the first full day after your symptoms developed and you moved to LH. This may be different from the day you get confirmation of a positive test.
 - If you test positive and are not already in LH, then we will assume that you took the test on the first day of symptoms and your 10-day LH stay will start the day of your positive test.
- After 5 days of strict quarantine, will shift to self-isolation, but remain in LH for an additional 5 days (for a total of 10 days). Must wear a well-fitting mask for 10 days any time around others. After 10 days may return to the dorms IF:
 - At least 24 hours have passed with no fever without the use of fever-reducing medication AND
 - Symptoms have improved (or you remain symptom free).

Suspected case with symptoms

- Suspected cases with symptoms will be required to quarantine in Lincoln Hall for 5 days even after negative test per HDOH requirement.
- Residents will return to their dorm room once the following conditions are met:
 - The resident has quarantined at Lincoln Hall for a minimum of 5 days AND
 - Has no fever for at least 24 hours without fever reducing medication AND
 - Symptoms have improved AND
 - The resident receives a negative COVID-19 antigen test 5 days after beginning their quarantine.
 - Residents must wear a well-fitting mask for 10 days any time you are around others.

Close Contact/Exposure

- **If the resident is vaccinated and up-to-date** (at least 2 weeks but no more than 5 months after receiving the 2nd does in a 2-dose series; OR at least 2 weeks but no more than 2 months after receiving a single-dose vaccine; OR receipt of the primary vaccine series AND a booster dose)
 - You do not need to stay at Lincoln Hall.
 - Must wear a mask for 10 days any time you are around others inside an EWC residence hall.
 - Get tested on day 5 (home-test is fine).
 - Continue to monitor for symptoms for 10 days. If symptoms develop, immediately self-isolate and take an antigen test.
- **If vaccinated but not up-to-date:**
 - Quarantine for 5 days at Lincoln Hall.
 - Get tested on day 5 (home-test is fine)—if result is negative, may return to dorms.
 - Must wear a well-fitting mask for 10 days any time you are around others.
 - Continue to monitor for symptoms for 10 days. If symptoms develop, immediately self-isolate and take an antigen test.

*Notifying Residents: The East-West Center will work with individuals on appropriate notification of residents in accordance with state and federal privacy regulations.

**Note that your healthcare provider may recommend that you stay in quarantine for longer than 10 days depending on the severity of your illness. Additionally, your healthcare provider and/or EWC may require that you undergo repeat testing for Covid-19 to end your quarantine