

Carroll Community College
Screening Information for Students & Employees

**What to Do if You Have Tested Positive for COVID-19 or Have Symptoms; or
Been Exposed to Someone Who Tested Positive for COVID-19; or
Travel Out of State**

All Information in this Document Applies Even If You've Been Fully Vaccinated

DO NOT COME TO CAMPUS IF YOU:

- Test Positive for COVID-19;
- Had close contact, as defined by CDC, as 15 minutes or more, 6 ft. away or less, sharing utensils or drinks, or any physical contact with a confirmed or suspected case of COVID-19; or
- Received a call from a Health Department Contact Tracer; or
- Have a temperature reading of 100.4 or higher or other COVID-19 symptoms.
- If you have ANY of the following COVID-19 symptoms, which can range from mild to severe illness, you are required to stay home or immediately leave Carroll Community College's campus:
 - A temperature reading of 100.4 or above, or feeling feverish
 - Chills
 - Unexplained Cough
 - Shortness of breath or difficulty breathing*
 - Fatigue
 - Muscle or body aches
 - Unexplained Headache
 - New loss of taste or smell
 - Sore throat
 - Unexplained Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

This list does not include all possible symptoms. The CDC may continue to update this list so visit:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

What should I do if I have tested positive for COVID or have symptoms?

1. **Seek emergency medical care immediately** if you have any of the following symptoms: Trouble breathing, persistent pain or pressure in the chest, confusion, bluish lips or face.
2. If your symptoms or elevated temperature begin while you're already on campus, you will be required to leave campus immediately. (Emergency medical attention will be called by your instructor or Campus Police if you have the symptoms noted in #1 above).
3. Contact your health care provider for guidance on possible next steps and testing.

4. **Notifications:** Students should contact all instructors and advise them that they will not be able to attend in-person instruction or training.
 - a. **Students** should also email Dr. DaVida Anderson, Director of Student Care & Integrity at danderson3@carrollcc.edu.
 - b. **Employees** should contact their direct supervisor as well as Human Resources at HR@carrollcc.edu
5. If you are ill or have had a positive viral (PCR) test for COVID, you **must isolate at home** until:
 - a. It has been 10 days since you first became ill or had your positive test; **AND**
 - b. You have not had a fever for 24 hours (without the use of medication) and all of your other symptoms are improving; **AND**
 - c. You are cleared to return to campus by the following College personnel:
 - **Students:** Dr. DaVida Anderson at danderson3@carrollcc.edu
 - **Employees:** Human Resources at HR@carrollcc.edu

**In some instances, you may be required to submit a release note from your healthcare provider or the Health Department before you can be cleared to return to campus. This includes co-curricular activities.*

What should I do if I have been exposed to someone who tested positive for COVID?

1. **Seek emergency medical care immediately** if you have any of the following symptoms: Trouble breathing, persistent pain or pressure in the chest, confusion, bluish lips or face.
2. If you develop symptoms or elevated temperature begin while you're already on campus, you will be required to leave campus immediately. (Emergency medical attention will be called by your instructor or Campus Police if you have the symptoms noted in #1 above).
3. Contact your health care provider for guidance on possible next steps and testing. Some COVID-19 symptoms may include, but are not limited to: New loss of taste or smell, Fever or chills, Unexplained Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Unexplained Headache, Sore throat, Unexplained Congestion or runny nose, Diarrhea, Nausea or vomiting.
4. You are encouraged to contact the Carroll County Health Department's COVID-19 Call Center 410-876-4848 for general information. You may also visit: <https://cchd.maryland.gov/>.
5. If you have had close contact with a person who is exhibiting COVID related symptoms, and/or has had a positive COVID test, you must **quarantine** for 14 days since the last time you were in contact with that person. The Carroll County Health Department has recommended that testing occur **no sooner than 5 days after exposure**. Additional information on quarantine is available at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>.
 - **People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease AND show no symptoms.**
6. **Notification:** Students should contact all instructors and advise them that they will not be able to attend in-person instruction or training.
 - a. **Students** should also email Dr. DaVida Anderson, Director of Student Care & Integrity at danderson3@carrollcc.edu.
 - b. **Employees** should contact their direct supervisor as well as Human Resources at HR@carrollcc.edu

How do I get tested for COVID-19?

1. We encourage you to be tested if you exhibit symptoms associated with COVID-19.
2. The Carroll County Health Department (CCHD) is offering COVID-19 testing, FREE of charge. Individuals should call 410-876-4848 to schedule an appointment or to ask any questions that you may have. Or, you may simply go to the CCHD website at <https://cchd.maryland.gov/covidtesting/> to schedule a test. Test Results may take up to 7 days.
3. You may also find options for testing on <https://coronavirus.maryland.gov/pages/symptoms-testing>. Many urgent care centers, clinics, and pharmacies are offering COVID-19 testing. Be sure the facility you choose offers the type of test you need, and check for insurance coverage and possible charges for provider appointments.
 - Please note that only Carroll County residents can sign up for testing through the CCHD website. Out-of-County residents should visit the Maryland State Health Department website for more information, <https://coronavirus.maryland.gov/pages/symptoms-testing>. You can also check with your healthcare provider's office, pharmacy, or urgent care center to see if they offer testing.
4. Positive Results are first sent to the Health Department for contact tracing. **If the CCHD contact tracer reaches out to you, please let the tracer know that you are a student or employee of the College.**

What should I do if I plan to travel out of state?

1. If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel before returning to campus. The CDC does recommend that you consider traveling after being fully vaccinated.
2. For more information on domestic travel, please visit the CDC website, <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

For more information:

<https://www.carrollcc.edu/covid-19/>

<https://cchd.maryland.gov/covid-19/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>