



ORION

EDUCATION & TRAINING

DIPLOMA COMPLETION

COVID-19 Exposure Guidelines

Updated 8/4/20

COVID-19 Symptoms

- Fever of 100.4° (F) or higher
- Chills
- Rigors (shivering)
- Muscle pain or aches
- Malaise
- Headache
- Sore throat
- Cough, shortness of breath, or difficulty breathing
- Loss of taste or smell
- Diarrhea

14 Day Home Quarantine Guidelines

- Do not leave your home unless to satisfy critical needs.
- Do not attend any settings where you are unable to maintain a 6-foot distance from other people.
- You may not have visitors in your home unless authorized by Shawnee County Health Department (SCHD)*
- SCHD* could monitor your condition through daily phone calls

What is close contact?

Close contacts are people who have been within 6 feet of you for a period of 10 minutes or more. ORION will collaborate with SNCO Health Department* to determine if close contacts need to quarantine.

I am having COVID-19 symptoms.

Students should contact their advisor, employees should contact their supervisor and Shelley Wellington.

Contact the Shawnee County Health Department (SCHD)* at **785-251-5715** or a medical professional to determine if you need to be tested

If you need to be tested, follow the instructions below while awaiting test results.

- Self-isolate to your home.
- If you live with others, self-isolate in a private room and use a private bathroom if possible.
- Make a list of close contacts you have had from two days before you became sick until you isolated.
- Wear a mask when you enter general living areas. Interact with others as little as possible.
- If you develop additional symptoms or if your symptoms get worse, notify your healthcare provider for instructions.

I have received a positive COVID-19 test.

Students should contact their advisor, employees should contact their supervisor and Shelley Wellington.

★ **School personnel will notify close contacts at school that need to quarantine.**

Notify your close contacts and let them know they should quarantine at home for 14 days. (This includes your family.)

Self-isolate in your home until the following conditions are met:

- 10 days from the beginning of symptoms or 72 hours after fever is gone without the use of fever-reducing medicine and other symptoms have significantly improved (WHICHEVER IS LONGER)
- If your symptoms get worse, or you require hospitalization, notify your healthcare provider immediately and follow instructions about wearing a mask when you arrive at the facility.
- If you do not need hospitalization, continue to self-isolate at home.

I have been in close contact with a confirmed COVID-19 patient.

Students should contact their advisor, employees should contact their supervisor and Shelley Wellington.

Quarantine for 14 days and monitor your health. Unless you develop symptoms, no additional action is required.

I have been exposed to a person with COVID-19 symptoms.

Monitor your health. Unless you develop symptoms, no additional action is required.

I have been exposed to a person who was exposed to a confirmed COVID-19 patient.

Monitor your health. Unless you develop symptoms, no additional action is required.

I have traveled to an area with high COVID-19 cases.

Students should contact their advisor, employees should contact their supervisor and Shelley Wellington.

Quarantine for 14 days and monitor your health. Unless you develop symptoms, no additional action is required.

I have been exposed to a person who traveled to an area with high COVID-19 cases.

Monitor your health. Unless you develop symptoms, no additional action is required.

* Substitute your local health department if you are not a resident of Shawnee County.

ORION will collaborate with health officials to review and revise these guidelines as needed.