

Shasta-Tehama-Trinity Joint Community College District What Students Need to Know About COVID-19 Isolation and Quarantine

By Shasta College Campus Safety
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This fact sheet provides Shasta College students information on when and for how long they must be excluded from attending in-person classes if they test positive or are exposed to someone who has tested positive for COVID-19 or displays symptoms for COVID-19. The chart below reflects the new California Department of Public Health (CDPH) isolation and quarantine guidelines as they apply to attending Shasta College classes.

More information is available at [CDPH](#)

Table 1: Persons Who Should Isolate

Persons Who Test Positive for COVID-19	Recommended Actions
All Students, regardless of vaccination status, previous infection or lack of symptoms.	<ul style="list-style-type: none">• Stay home (PDF) for at least 5 days after start of symptoms (or after date of first positive test if no symptoms).• Isolation can end after Day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on Day 5 or later tests negative.• If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications.• If fever is present, isolation should be continued until 24 hours after fever resolves.• If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10. If symptoms are severe, or if the infected person is at high risk of serious disease, or if they have questions concerning care, infected persons should contact their healthcare provider for available treatments.• Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking section below for additional information). <p>*Antigen test preferred.</p>

Table 2: Close Contacts - General Public (No Quarantine)

Asymptomatic Students Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Actions
<p>All Students, regardless of vaccination status.</p> <p>Persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.</p>	<ul style="list-style-type: none">• Test within 3-5 days after last exposure.• Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).• Strongly encouraged to get vaccinated or boosted.• If symptoms develop, test and stay home (see earlier section on symptomatic persons), AND• If test result is positive, follow isolation recommendations above (Table 1).