

As the fall semester begins, we are sharing updated quarantine and isolation procedures, and requirements designed to mitigate the spread of COVID-19.

As a reminder, while state law prohibits mandating it, COVID-19 vaccination is strongly encouraged among our campus community and the vaccine is readily available at the Pat Walker Health Center and at pharmacies and medical providers throughout the region.

## **QUARANTINE AND ISOLATION PROCEDURES**

If you do happen to come in close contact (within 6 feet for 15 or more cumulative minutes over a 24 hour period) with someone who has tested positive for COVID-19, there are a few things to remember:

### **Fully Vaccinated Without Symptoms**

- Fully vaccinated people with no COVID-like symptoms **DO NOT** need to quarantine following an exposure to someone with suspected or confirmed COVID-19.
- However, you need to monitor for symptoms for 14 days following an exposure.
- You should get tested 3-5 days after COVID exposure – earlier if you develop any symptoms.

### **Fully Vaccinated With Symptoms**

- Fully vaccinated individuals who experience symptoms consistent with COVID-19 should isolate from others, be clinically evaluated and tested for COVID-19.
- You need to self-isolate for a full 10 days if you test positive for COVID-19.

### **Unvaccinated or Partially Vaccinated**

- You need to quarantine immediately and monitor for symptoms for 14 days. You should get tested 3-5 days post exposure - earlier if you develop any symptoms.
- You need to self-isolate for a full 10 days if you test positive for COVID-19.

If you develop symptoms for COVID-19 during the quarantine period and receive a positive COVID-19 test result, you must follow the instructions for a 10 day isolation. Instructions can be found on the university's COVID-19 guidance website in the [Testing, Reporting, Quarantine & Health Information](#) section.

If you need to quarantine due to close contact or isolate following a positive COVID-19 test result, your release from isolation or quarantine is based on current best practices, such as length of time, improving symptoms, and the guidance of health care providers and state health officials. Once you have completed your quarantine/isolation period, you are free to resume regular activities.

In some instances, a release from quarantine or isolation, may be required to return to various activities.

If you require a release from quarantine/isolation letter, you may contact ADH or the medical provider who conducted your test. You can also call the ADH COVID-19 Hotline at 1-800-803-7847.

## **SELF-REPORTING A POSITIVE COVID-19 CASE**

If you were tested off-campus, including using a home test kit, and received a positive test for COVID-19, you must self-report your case to U of A Emergency Management using the [online self-reporting form](#).

## **MASKS, HAND HYGIENE and SOCIAL DISTANCING**

Please make sure you are wearing a mask indoors as required when at least six-feet of social distancing can't be maintained. In addition, we encourage you to continue practicing good hand hygiene and social distancing when possible.

## **STAY HOME WHEN YOU ARE SICK: COVID-19 LEAVE**

University of Arkansas employees may apply for up to 80 hours of paid leave (prorated for part-time employees based on their work schedule) for COVID-19 related illness, quarantine, and child care. Only employees who did not use the full 80 hours allotted by the Families First Coronavirus Response Act (FFCRA) in 2020 who are unable to work on campus or from home may be eligible to receive COVID-19 Leave in 2021. Additional restrictions apply. If you believe you may be eligible for COVID-19 Leave, please contact HR Assist at [hrrassist@uark.edu](mailto:hrrassist@uark.edu) or 575-4044.