

**Update on process for employee COVID-19 exposure  
8/20/2021**

FRC will use the information below as a guideline for employees exposed to the COVID-19 virus. Individual circumstances and medical direction will always take precedence.

Definitions:

Quarantine: individuals who have been exposed but not tested positive. Quarantine individuals should limit interaction with others, maintain 6-foot distance, wear face coverings, work outside where possible, and seek the advice of their own health care professional.

Self-isolation: individuals who have tested positive. Self-isolation is to eliminate contact with other persons unless absolutely necessary. Seek advice of health care professional

Significant Exposure: used for persons who came into contact with a person with a known positive test result and (a) no face coverings were worn, (b) greater than 15 minutes of exposure, (c) occurred indoors, and (d) less than 6-foot distance

Universal face coverings are required indoors on FRC campus. See FAQs below for more information.

	Unvaccinated	Fully Vaccinated
If you are exposed to COVID-19 and have NO symptoms	<ul style="list-style-type: none"> <li>• Quarantine 10 days</li> <li>• Test after 3-5 days</li> <li>• Seek advice of health professional</li> <li>• May continue to work on campus away from other individuals, face coverings required at all times indoors</li> </ul>	<ul style="list-style-type: none"> <li>• Closely monitor health symptoms</li> <li>• May continue to work on campus away from other individuals, face coverings required at all times indoors</li> </ul>
If you are exposed to COVID-19 and have ANY symptoms	<ul style="list-style-type: none"> <li>• Quarantine at home 10 days</li> <li>• Test after 3-5 days</li> <li>• Seek advice of healthcare professional</li> </ul>	
If you test positive for COVID-19	<ul style="list-style-type: none"> <li>• Isolate at home 10 days</li> <li>• Do not report to campus</li> <li>• Seek advice of healthcare professional</li> </ul>	
If you have ANY COVID-19 symptoms and no known exposure	<ul style="list-style-type: none"> <li>• Stay home and test</li> <li>• Seek advice of healthcare professional</li> </ul>	

Employees experiencing symptoms or testing positive must stay home and notify supervisor. Supervisors will notify David Burriss for reporting requirements. Carlie McCarthy and Kevin Trutna are alternative notifications who will contact Public Health for their involvement and directives.

If a student tests positive, Carlie McCarthy or Krystal Drybread need to be notified. Carlie will work with Athletics and Student Housing for student arrangement and refer student to contact instructor to make arrangements.

More FAQs for campus face covering exceptions:

1. Do student-athletes have to wear face coverings during indoor practice? Due to heightened testing protocols for athletes, face coverings may be removed during strenuous exercise such as being on the court. When off the court and not involved with physical exertion, face coverings are required.
2. Do I have to wear a face covering when I am alone in my office? Face coverings are required indoors on campus with the exception that vaccinated employees may remove face coverings only when working alone in your private immediate workspace.
3. Do faculty have to wear face coverings when lecturing indoors? When speaking to a large room with at least six feet of distance to the front row of students, and only if vaccinated, the recommendation allows removing face coverings for the lecturer if that person feels comfortable doing so. Alternately, face shields are also available.