Appendix 1
COVID-19 Self-Screening Questionnaire
Updated 8/22/2022

All students, employees, contractors, visitors and guests are required to review the CCAC Self-Screening Questions, which may be adjusted as circumstances require, prior to entering CCAC buildings and facilities. If you cannot confidently answer "no" to the screening questions, do not come to campus. Any individual who, while on CCAC's premises, exhibits symptoms commonly associated with COVID-19, or who otherwise provides information to College personnel which indicates that an individual may have been exposed to or contracted COVID-19, must complete the COVID-19 Reporting Form and leave the premises. **Employees** should also contact the Office of Human Resources and **Students** are to contact the local Dean of Students Office. Centers for Disease Control and Prevention (CDC) and Allegheny County Health Department (ACHD) current guidelines will be utilized to determine appropriate next steps and establish a return to campus plan for the individual.

Individuals should only come to a campus/facility if they have answered "no" to every question.
- Have you had **close contact** with someone who is currently sick with suspected or confirmed COVID19 **AND** you are experiencing symptoms?
- Do you have a temperature at or above 100.4° or any reason to be concerned that you are developing a temperature (without having taken a fever-reducing medicine)?
- Have you experienced a new cough that you cannot attribute to another health condition?
- Have you experienced new shortness of breath that you cannot attribute to another health condition?
- Have you experienced a new sore throat that you cannot attribute to another health condition?
- Have you experienced new muscle aches that you cannot attribute to another health condition or specific activity such as physical exercise?
- Have you had any of the following additional symptoms in combination with the above, that you cannot attribute to another health condition or specific activity: chills, repeated shaking with chills, runny nose or new sinus congestion, fatigue, new GI symptoms, new loss of taste or smell?

Symptoms and guidance are changing often, please review the most current guidance from the CDC to check your symptoms at: https://www.cdc.gov/coronavirus/2019-nCoV/index.html

If your symptoms are severe, you may need to contact your medical provider.

If you cannot confidently answer "no" to the above questions, do not come to campus. By coming to class/work/ campus, you are attesting that you confidently answered "no" to the above questions and have a very low risk of carrying or spreading COVID-19.

If you have COVID-19, you can spread the virus to others. There are precautions you can take to prevent spreading it to others: isolation, masking, and avoiding contact with people who are at high risk of getting very sick. Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. These recommendations do not change based on COVID-19 Community Levels. If you have COVID-19, also see additional information on treatments that may be available to you. You can use this **CDC Quarantine and Isolation Calculator** to help determine how long you may need to isolate, quarantine, or take other steps to prevent spreading COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html# *continue to next page*

When to Isolate

Regardless of vaccination status, **you should isolate from others when you have COVID-19**. **You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results.** If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

IF YOU TEST
Negative
You can end your isolation

IF YOU TEST
Positive
Follow the full isolation recommendations below

When you have COVID-19, isolation is counted in days, as follows:

If you had no symptoms
- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested
- If you develop symptoms within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**

If you had symptoms
- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
- **Day 1 is the first full day** after the day your symptoms started

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

Ending Isolation - End isolation based on how serious your COVID-19 symptoms were.

If you had <u>no</u> symptoms - you may end isolation after day 5

If you had symptoms - you may end isolation after day 5 if:
- You are fever-free for 24 hours (without the use of fever-reducing medication)
- Your symptoms are improving

If you still have fever or your other symptoms have not improved, continue to isolate until they improve.

If you had moderate illness (if you experienced shortness of breath or had difficulty breathing), or severe illness (you were hospitalized) due to COVID-19, or you have a weakened immune system, you need to isolate through day 10.

If you had severe illness or have a weakened immune system, consult your doctor before ending isolation.

Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11. Remember to wear a high-quality mask when indoors around others at home and in public.

For Healthcare Professionals: Ending Isolation and Precautions for People with COVID-19

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TRAVEL PRACTICES - CCAC requires all students, faculty, staff and administrators to follow the CDC recommended guidelines for travel. The CDC provides information on both [Domestic](#) and [International Travel](#) for vaccinated and unvaccinated individuals. All community members are required to follow the CDC guidelines. It is required that a [COVID-19 Reporting Form](#) is completed if CDC guidelines indicate a need to quarantine or isolate due to exposure or travel.

Allegheny County COVID-19 HOTLINE: 888-856-2774
The Allegheny County Health Department (ACHD) has partnered with United Way 2-1-1 to offer a 24/7 hotline to address questions and concerns about COVID-19. Language services are available.

VACCINATION - While the situation is evolving, the CDC continues to stress that vaccines remain the best protection from COVID–19. In addition to being highly effective at preventing severe illness, hospitalizations, and death, they slow transmission and reduce the likelihood of new variants emerging. As a result, the CDC recommends that everyone 5 years and older protect themselves from COVID–19 by getting fully vaccinated and that everyone aged 18 years and older should get a booster shot at least two months after their initial J&J/Janssen vaccine or six months after completing their primary COVID–19 vaccination series of Pfizer-BioNTech or Moderna.

Students should contact a Dean of Students and Employees should contact the Office of Human Resources to address any questions and/or concerns related to CCAC's COVID–19 testing protocols and reporting. More information regarding COVID–19 mitigation measures is available via the [CDC](#) and [ACHD](#) websites.