



Cuyamaca College Health and Wellness Covid 19 Protocols Spring 2024

Self-Screening:

Student: Should self-screen daily for symptoms related to Covid 19 prior to coming onto campus. Symptoms include, but are not limited to fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting or diarrhea.

Please do not report to campus classes for services if experiencing any symptoms related to Covid-19.

Reporting Covid-19 Symptoms or Positive Testing for Covid 19:

Student may report their positive Covid 19 test to Cuyamaca.wellness@gcccd.edu a Registered Nurse from Health and Wellness will contact the student. For non-related Covid 19 medical concerns the student should contact their primary care physician for further guidance and or follow up. Contact tracing will be performed with the student for a positive Covid 19 case. Health and Wellness Services may also be contacted at 619-660-4200 during normal business hours. Students must directly communicate with their instructors of their absence, once contact tracing is performed, the Health and Wellness RN will notify the instructor of the students medical excuse to include when they are cleared to return to campus classes and services. Note medical excuse and clearance is only performed in Covid-19 cases, not any other medical condition.

Covid 19 Guidance for Positive Cases and DO have Covid 19 Symptoms:

Stay home until:

- **At least 24 hours have passed since your last fever (without the use of a fever-reducing medication) AND**
- **Your symptoms are mild and improving AND**
- **Continue to wear a face mask around others until day 10.**
- **Avoid contact with people at higher-risk for severe Covid-19 for 10 Days. Higher risk individuals include the elderly, those who live in congregate care facilities, and those who have immunocompromising conditions, and that put them at higher risk for serious illness.**
- **Seek Treatment. If you have symptoms, particularly if you are at higher risk for severe Covid 19, speak with your healthcare provider as soon as you test positive. You may be eligible for antiviral medications or other treatments for Covid 19.**

- Sesame Care is a free telehealth consultation for antiviral prescription. Please contact 1-833-686-5051 for more information.

Covid 19 Guidance for Positive Cases and DO NOT have Symptoms:

- Continue to wear a face mask around others until at least day 10
- Monitor your health for symptoms of Covid 19. If symptoms appear, stay home and follow the instructions above for individuals who test positive for Covid 19 and have symptoms.

Please note prior to returning to campus students will need to work with Health and Wellness Services to receive an email clearance to return to campus classes and services.

Potentially Exposed to Covid 19:

- If you have new Covid 19 symptoms, you should test and mask right away. If the test, is positive, follow stay at home recommendations above and notify Health and Wellness Services of your positive testing result.
- If you do not have symptoms, and are at a higher risk of severe Covid 19 infection and would benefit from treatment you should test within 5 days.
- If you do not have symptoms and have contact with people who are at higher risk for severe infection, you should mask indoors when around such people for 10 days. Consider testing within 5 days after the last exposure date (Day 0) and before contact with high risk people. For further details, see CDPH Covid 19 Testing Guidance.

Health and Wellness Services

Cuyamaca College

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