Effective 2/11/22: NEW option to test out of Isolation and Quarantine ONLY if certain conditions are met.

5-day isolation: GVSU will allow a 5-day isolation period from date of symptoms (per report of symptoms on self-assessment) or positive test if ALL of these conditions apply:
   1. The individual had mild illness (no or minor symptoms)
   2. Symptoms have improved by day 5 (no fever within 24 hours without the use of fever-reducing medications)
   3. They test negative at our GVSU symptomatic testing site or another CLIA certified lab (not an at-home test) on day 6 (or prior to returning to campus activities).

NOTE: If the test on day 6 (or later) is positive, they will need to complete their 10-day isolation period and can be released from isolation on day 11. There is no re-testing, they get one chance to test negative on days 6-10.

If the test is negative:
   Enter date of negative test into Self-Assessment.
   Upload proof of negative test results if test was not done at our on-campus testing site.

On days 6-10 the individual must:
   1. Wear a well-fitting mask (N95, KN95 or surgical 3-ply mask) in indoor public settings and crowded outdoor settings.
   2. The individual will still need to follow isolation guidelines (physical separation) when a mask cannot be worn (when sleeping and eating).
      Residential students who are in isolation housing: must continue to sleep in isolation housing. Contact housingcovid@gvsu.edu

5 Day Quarantine: GVSU will allow a 5 day quarantine (from last date of exposure) if ALL of the following conditions regarding the exposed individual apply:

   1. They test negative at a CLIA certified lab (not an at-home test) on day 6 (or after day 6, but prior to return on campus activities). Date of results must be uploaded to the self-assessment.
   2. They must not have any symptoms of COVID-19.
   3. They are not a household contact where the person who is positive cannot completely isolate from others. A 5 day quarantine may be considered after last day of exposure.

If the test is negative:
   Enter date of negative test into Self-Assessment.
   Upload proof of negative test results if test was not done at our on-campus testing site.

On days 6-10 the individual must:
   1. Must wear a well-fitting mask (N95, KN95 or surgical 3-ply mask) in indoor public settings and crowded outdoor settings.
   2. Continue to monitor for symptoms. If symptoms develop: re-test.
   3. The individual will still need to follow quarantine guidelines (physical separation) when a mask cannot be worn (when sleeping and eating).
      Residential students who are in quarantine housing: must continue to sleep in quarantine housing. Contact housingcovid@gvsu.edu
NOTE: if a person who is eligible for a booster dose of COVID vaccine receives a booster during their quarantine, they may be released from quarantine. They are required to upload proof of vaccination to the self-assessment. The COVID Assessment Team will make this determination and will notify the individual when they can be released. The exposed individuals still need to wear a mask and monitor for symptoms for 10 days, and test after day 5. Email covidassessment@gvsu.edu

Examples for early release:

5 day isolation example:
Person A tests positive on 2/3/22, he reported symptoms on 2/1/22. His 10 day isolation period starts on date of reported symptoms and will need to isolate through 2/11/22.
If his symptoms have improved, he is eligible to test on day 6: 2/7/22.
If his test is positive he needs to continue isolation through day 10 (a test is not recommended or required after day 10).
If he gets a negative test, he needs to enter the date into the Self-assessment and he will pass. If he tests positive, he will need to remain in isolation through day 10.
They will need to show their SA to faculty/supervisors, the COVID Assessment Team will not provide release from isolation letters and will not notify faculty/supervisors if released early.

5 day quarantine example:
Person B is fully vaccinated but not up-to-date with COVID vaccination. They have had a close, unmasked exposure to someone who tested positive on 2/10/22. They must quarantine for 10 days from exposure: through 2/20/22. They are choosing to NOT get the booster at this time (even though it may qualify him for early release).

Option for early release: On day 6 (2/16/22), they may test.
If their test is positive, they will need to isolate for 10 days (from symptoms or positive test).
If their test is negative, they may be released from quarantine.
   Days 6-10 (2/16-2/20/22) they must:
   1. Wear a well-fitting mask (N95, KN95 or surgical 3-ply mask) in indoor public settings and crowded outdoor settings.
   2. Continue to monitor for symptoms. If symptoms develop: re-test.
   3. Physical separation must be maintained when masks cannot be worn (when sleeping or eating).
      a. Must stay in quarantine housing
      b. May not eat with others
**Decision Tree for Option to Test Out of Isolation**

**Are you currently in isolation (you tested positive for COVID-19)?**

- **NO**
  - Are you in quarantine? See Quarantine decision tree.
  - **NO**
    - Did you have mild illness AND symptoms have improved?
      - **NO**
        - You must stay in isolation and may not test until symptoms have improved AND it is day 6 or after.
      - **YES**
        - **NO**
          - Is this day 6 or later of your isolation period?
            - **NO**
              - You must stay in isolation and may not test until day 6 or after.
            - **YES**
              - You may test since it is day 6 or later AND your symptoms have improved.
              - **NO**
                - Is your test negative?
                  - **NO**
                    - You must remain in isolation through day 10.
                  - **YES**
                    - Enter date of negative test into self-assessment.
                      - On days 6-10 the individual must:
                        1. Wear a well-fitting mask (N95, KN95 or surgical 3-ply mask) in indoor public settings and crowded outdoor settings.
                        2. Physical separation must be maintained when masks cannot be worn (when sleeping or eating). Must sleep in isolation housing through day 10.

- **YES**
  - Are you in quarantine? See Quarantine decision tree.
  - **YES**
    - Did you have mild illness AND symptoms have improved?
      - **YES**
        - Is this day 6 or later of your isolation period?
          - **NO**
            - You must stay in isolation and may not test until day 6 or after.
          - **YES**
            - You may test since it is day 6 or later AND your symptoms have improved.
            - **NO**
              - Is your test negative?
                - **NO**
                  - You must remain in isolation through day 10.
                - **YES**
                  - Enter date of negative test into self-assessment.
                    - On days 6-10 the individual must:
                      1. Wear a well-fitting mask (N95, KN95 or surgical 3-ply mask) in indoor public settings and crowded outdoor settings.
                      2. Physical separation must be maintained when masks cannot be worn (when sleeping or eating). Must sleep in isolation housing through day 10.
Enter the negative test results on your self-assessment. If you weren’t tested at our GVSU testing site upload the proof of negative test results to your self-assessment.

On days 6-10 the individual must:

1. Wear a well-fitting mask (N95, KN95 or surgical 3-ply mask) in indoor public settings and crowded outdoor settings.

2. Continue to monitor for symptoms (if symptoms: re-test).

3. Physical separation must be maintained when masks cannot be worn (when sleeping or eating). Must sleep in quarantine housing through day 10.
Are you up-to-date with COVID-19 Vaccination?

Are you fully vaccinated?
- Yes
  - Did you receive:
    - 1. JJ vaccine more than two months ago OR
    - 2. Pfizer or Moderna vaccine more than 5 months ago?
      - Yes
        - You are up-to-date with COVID-19 vaccination.
      - No
        - You are NOT up-to-date.
          - It is recommended that you get a COVID-19 vaccine booster.
  - No
    - You are NOT up-to-date.
      - It is recommended that you get vaccinated for COVID-19.

*JJ= Johnson & Johnson vaccine

Upload your vaccine dates and card to your GVSU self-assessment

Find a COVID-19 vaccine near you