

Safely Securing Your Future

Spring 2022 update from your COVID Care Team

The COVID Care Team's goal is to help community members:

- determine if they should isolate or quarantine
- determine when to leave isolation or quarantine
- obtain services such as testing, healthcare, food services, academic support, workplace support, etc...
- slow the spread of COVID-19 by completing community based contact tracing



A message from the university—

Over the past two years, the Capitol Technology University community has been continuously challenged, forced to repeatedly adapt to numerous iterations of “the new normal.” We’ve experienced lulls and surges, highs and lows, and have had to change many aspects of university operations in order to keep our students, faculty, and staff as safe and protected as possible.

We are thoroughly impressed with the outstanding response from our student body throughout this ever-evolving pandemic. You have shown the utmost maturity, empathy, and resilience by wearing masks, avoiding large gatherings, getting vaccinated, testing regularly upon exposure, and keeping personal spaces clean and disinfected. Because of your cooperation, we have been able to keep the number of positive cases on campus to a minimum and avoid outbreaks and shutdowns.

Still, we know that as the pandemic evolves and new variants spread, so do new concerns, and we assure you that we share your worries. We have taken guidance from leading health professionals and the CDC, as well as state and local governments, to update policies and procedures for handling COVID-19 infections, including the highly-transmissible Omicron variant. The new policies and guidelines detailed in this document will help to further protect our community from infection while still fostering an excellent environment to learn, thrive, and grow.

Together, we will continue to safely secure your future.

The CDC recommends that if you have been in **close contact** with an individual who has a confirmed case of COVID-19 via a **positive test result**, that you should quarantine for **at least 5 days** if you **are not up to date on COVID-19 vaccinations**. If you **are up to date on COVID-19 vaccinations**, you do not need to quarantine but you should watch for symptoms and isolate immediately if they develop.

What is a close contact?

The university continues to follow the CDC's guidelines on close contacts. Which states:

"Someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes)."

What counts as a confirmed positive?

A positive result from any type of test (antigen, rapid PCR, PCR, home, or clinical) is a confirmed positive.

When will I hear from the COVID Care Team?

- ✓ If you have completed the [COVID-19 Notification form](#).
- ✓ If you have been identified as having been a close contact to an individual who has confirmed that they have COVID-19 via a positive test result.

The team is using Google Voice and Capitol Tech numbers, please answer the call or check your voicemail and respond promptly to facilitate contact tracing. If you receive an email with the subject "COVID Care Team – Response Needed" promptly read and respond to facilitate contact tracing.



Quarantine

VS

Isolation

Quarantine keeps someone who was in close contact with someone who has COVID-19 away from others.

Who will quarantine?

If you come into close contact with someone with COVID-19, you should quarantine if you are in one of the following groups:

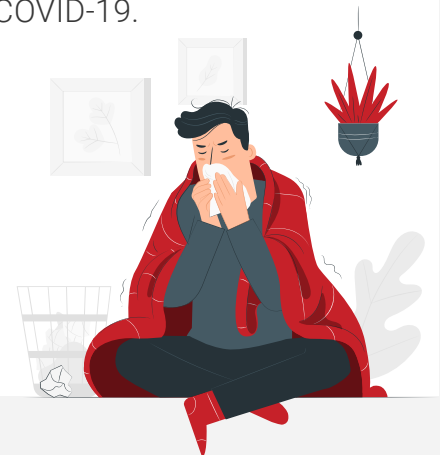
- You are ages 18 or older and completed the [primary series](#) of [recommended](#) vaccine, but have not received a [recommended](#) booster shot when eligible.
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot.
- You are not vaccinated or have not completed a [primary vaccine series](#).

Isolation keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

Who will isolate?

The university continues to follow the CDC's guidelines on close contacts. Which states:

- People who have a [positive viral test](#) for COVID-19, regardless of whether or not they have [symptoms](#).
- People with [symptoms](#) of COVID-19, including people who are awaiting test results or have not been tested. People with symptoms should isolate even if they do not know if they have been in close contact with someone with COVID-19.



A word about the CDC Guidelines

What is known about COVID-19 and the circulating variants changes based on ongoing observation and data collection. As more cases are observed trends in transmission and the progression of symptoms become clearer and more nuanced based individual's health history, age, vaccination status, and other factors. As such the guidelines continue to evolve and the COVID Care Team is adjusting protocols to match that guidance. Review the most [recent guidance is here](#).

Resources

Prince George's County COVID-19 Testing

<https://www.princegeorgescountymd.gov/3472/COVID-19-Testing>

COVID-19 Testing in Maryland

<https://coronavirus.maryland.gov/pages/symptoms-testing>

Centers for Disease Control and Prevention

<https://www.cdc.gov/>

Maryland COVID-19 Response

<https://governor.maryland.gov/coronavirus/>

Prince George's County - Coronavirus

<https://www.princegeorgescountymd.gov/3397/Coronavirus>

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QUESTIONS OR CONCERNS?



covid@captechu.edu