

# COVID-19 Exposure/Isolation Guidelines

## COVID-19 Exposure

Day 0 - Exposure (*see definition*)

Day 1 - Wear a mask (continue wearing for 10 days)

Day 6 - Test for COVID-19 five days after exposure

**Positive**  
Isolate immediately  
for 5 days.

**Negative**  
Continue masking  
until day 10.

## COVID-19 Isolation

- Isolate if you test positive for COVID-19
- Isolate if you are sick and suspect COVID-19

### Next Step: Test for COVID-19

**Positive**  
Stay home for at least  
5 days and isolate from  
others in your home.

**Negative**  
End isolation.

### After 5 days of isolation are complete...

#### End isolation if...

- you had no symptoms
- symptoms are improving and you have been fever-free for 24 hours

#### Continue isolation if...

- symptoms are NOT improving, isolate until symptoms improve and you are fever-free for 24 hours.
- if you had symptoms and experienced moderate illness (difficulty breathing) isolate until day 10.
- you had symptoms and experienced severe illness (hospitalization) consult with your doctor.

## WSU is following CDC guidelines for COVID-19.

### Exposure definition:

Being close to someone (6 feet or less) who has COVID-19 for at least 15 minutes within 24 hours.

### Testing options:

- Home test
- \$10 antigen test at Campus Health Center
- Test at a pharmacy, primary care, or urgent care location

### Isolation is counted in days, as follows:

If you had no symptoms

- Day 0 is the day you tested
- Day 1 is the first full day following the day you tested

If you develop symptoms within 10 days of being tested, the clock restarts at day 0 on the day of symptom onset.

If you had symptoms

- Day 0 is day of symptom onset
- Day 1 is the first full day after the day your symptoms started

### Insurance:

COVID-19 tests at Campus Health Center are billed to insurance where available. Please bring your OneCard, government issued ID, and your insurance card to your appointment.



**WAYNE STATE**  
Campus Health Center

To schedule a COVID-19 test at Campus Health Center  
please visit [health.wayne.edu](http://health.wayne.edu) or call 313-577-5041.