

Quinsigamond Community College
COVID-19 Testing and Surveillance Protocol
Frequently Asked Questions
Spring 2021

Who does the COVID-19 Health Team report my information to?

Following Massachusetts Department of Public Health (MDPH) directives, suspected or confirmed cases of COVID-19 are reported to the Local Board of Health (LBOH) and/or MDPH. The COVID-19 Health Team will contact the LBOH for further guidance and will begin the contact tracing. For employees in isolation due to a positive or presumptive case, the LBOH or MDPH will provide additional guidance. The LBOH or MDPH may be consulted by the COVID-19 Health Team regarding clearance.

How will the COVID-19 Health Team notify COVID-19 positive employees?

The COVID-19 Health Team will inform the employee of their positive result and instruct them to leave the campus immediately and to consult with their Health Care Provider.

Upon notification, the COVID-19 Health Team will begin an investigation to determine the nature of the illness and simultaneously begin contact tracing.

If I test COVID-19 positive do I still have to continue testing and surveillance?

Employees will be removed from the testing protocol for 90 days from the date of notification of a positive result. Employees will be cleared to return to campus at the end of their quarantine/isolation, based on CDC guidelines.

Where can I see statistics about COVID-19 for our College campus?

The College reports the number of positive cases via a [dashboard](#) on QCC.edu.

Can I come to campus if I am approved to be on campus, but am feeling some mild COVID-19 symptoms?

No. You must be healthy and free of any COVID symptoms to work on campus. If you are feeling ill, please stay home.

Wearing a face covering that covers my mouth and nose makes it hard for me to breath, makes my nose itch, and fogs my glasses so I cannot see to do my work. Can I just cover my mouth when on campus?

We agree! Face coverings may feel confining, make your nose or face feel itchy, and, if not fitted properly, can fog glasses. Unfortunately, the COVID-19 virus is spread by both droplet and airborne transmission and per MDPH directives you must wear a facial covering that covers both mouth **AND** nose completely while not in your home or in your personal vehicle. This would include while on campus, both indoors and outdoors. Consider that your mask protects others while their mask protects you. We are acting selflessly by doing our part to help prevent further spread of a terrible virus because we care about each other.

What is the difference between quarantine and isolation? It seems like these two terms are used interchangeably. Are they the same?

Good question! The terms seem similar but refer to different procedures.

According to MDPH you must **quarantine** if you are **not** sick but are a close contact to someone diagnosed with COVID-19 or if you have traveled outside of Massachusetts. You should also quarantine while you are waiting for your testing and surveillance results, which are usually provided within 24-48 hours from your test date. To **quarantine** you should:

- Stay at home and use a separate bedroom and bathroom if possible.
- Do your best to stay at least 6 feet away from other people in your house.
- Do not leave your house to go to school, work or run errands.
- Do not have any visitors to your house during this time.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Do not share eating or drinking utensils with anybody.
- Monitor your health every day.
- If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call your healthcare provider and schedule a COVID-19 test. Be sure to tell them you have been exposed to COVID-19.
- If you need to seek routine medical care call ahead to your doctor and tell them you are under COVID-19 quarantine.
- Do not take public transportation, taxis, or ride-shares to get to your appointment

Isolation is a more stringent version of quarantine, although they share many components. According to MDPH you must isolate if you are sick and a healthcare provider tests you for COVID-19, or you are told by a healthcare provider that you have COVID-19. You must remain in isolation until a public health authority (the Massachusetts Department of Public Health, your local Board of Health, or the [Community Tracing Collaborative](#)) says that you can leave your home. You can read more at: [COVID-19 isolation and quarantine information | Mass.gov](#) If your QCC testing and surveillance results are positive but you are asymptomatic, you will be required to isolate for a minimum of 10 days from your testing date. If you are positive AND symptomatic you are required to isolate for a minimum of 10 days from the onset of symptoms and are fever-free with resolved symptoms for at least 24 hours without the use of fever reducing medications. You must be cleared by the LBOH and contact the COVID-19 Health Team for clearance to return to campus. To **isolate** you should:

- Stay at home and use a separate bedroom and bathroom if possible.
- Stay at least 6 feet away from other people in the house.
- Do not leave your house to go to school, work or run errands.
- Do not have any visitors to your house during this time.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Do not share eating or drinking utensils with anybody.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean surfaces that you touch every day with a household disinfectant.

- Make a list of everyone you have been close to (within 6 feet for at least 15 minutes), since you first got sick. Those people have been exposed to COVID-19 and should be asked to self-quarantine.
- Monitor your health closely while you isolate at home. If your symptoms worsen (such as shortness of breath or respiratory distress), contact your medical provider immediately.
- If you need to see your healthcare provider, do not take public transportation, taxis, or ride-shares to get to your appointment

How should I report information to the College if I have tested positive for COVID-19 whether I was tested at QCC or I was tested elsewhere?

If you were tested at QCC, The Broad Institute, who are performing our laboratory testing, will notify the COVID-19 Health Team of all employees and who test positive for COVID-19. A member of the COVID-19 Health Team will contact the employee that tested positive through our campus-testing center.

If you have a possible or confirmed COVID-19 diagnosis from an outside provider or have been ordered to quarantine or isolate by your LBOH or MDPH, please report your results to the COVID-19 Health Team. If it is after normal business hours, employees are required to report a possible or confirmed COVID-19 diagnosis or instructions to quarantine or isolate to covid19@qcc.mass.edu. Please check the [COVID-19 Information Center](#) for additional directives. The COVID-19 Health Team will begin an investigation to determine the nature of the illness and simultaneously contact the appropriate personnel for assistance if the employee was on campus. In addition, the COVID-19 Health Team will contact the LBOH/MDPH to alert the need for contact tracing and that notification has begun.