COVID RELATED INFORMATION – August 18, 2021
Prepared by the School of Natural Resource Sciences, NDSU

Mask guidance
We are labeled as a high transmission county, which means all people (vaccinated and especially unvaccinated/partially vaccinated) should wear a mask in public indoor settings, particularly if individuals are at risk, have someone in their household who is at increased risk of severe disease, or someone in their household who is not fully vaccinated (e.g. children under 12). Additionally, per President Bresciai’s 8/17/21 email, NDSU is requiring masks in all classroom settings. Instructors who are able to maintain social distance from students may remove their masks during the class to be heard more easily. (Sources: https://www.osha.gov/coronavirus/safework, https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html, https://www.health.nd.gov/ndhelps)

Close contact with infected individual
A close contact is when a person who has been within 6 feet of an infected person for a cumulative 15 minutes in a 24 hour period. The CDC states that someone who is unvaccinated and has had a close contact must quarantine regardless of masking status, while the North Dakota Department of Health states any close contact is exempt from quarantining if both parties were masked. (Source: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html, https://www.health.nd.gov/what-do-if-you-are-close-contact)

Testing and quarantine guidance
If you have had a close contact and are potentially exposed to someone with suspected or confirmed COVID-19, always get tested 3-5 days following the exposure regardless of vaccination status.

In Fargo, testing & screening are both provided at 3051 25th Street South, Fargo, Suite K, which is located in the Family Fare strip mall, between the Hi-Ho Burgers & Brews and Grand Junction Grilled Subs restaurants. They offer multiple testing options, including the rapid test.

In Moorhead, testing is available at the former Thomas Edison Elementary School, 1110 S. 14th Street, Moorhead. There results will be provided via email approximately 48-72 hours after testing.

Until you get your test results:

Fully vaccinated people:

- Do NOT need to quarantine after exposure unless they are exhibiting symptoms.
- Should wear a mask in public indoor settings for 14 days following exposure or until their test is negative (if not already masking consistently).

Unvaccinated or partially vaccinated people:

- Should quarantine for 14 days, but may shorten their quarantine under certain circumstances.
  - You may quarantine for 10 days without testing if you experience no symptoms during that time.
You may quarantine for 7 days with a negative test and no symptoms exhibited during that time.

If you test negative:

- You do not need to quarantine. Continue safe practices and watch for symptoms.

If you test positive:

- Regardless of your vaccination status, you need to go into isolation.
- People who are in isolation should stay home until it’s safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific “sick room” or area, and use a separate bathroom (if available).
- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- If you exhibit symptoms, you can be around others after:
  - 10 days since symptoms first appeared and
  - 24 hours with no fever without the use of fever-reducing medications and
  - Other symptoms of COVID-19 are improving.
- If you exhibited no symptoms, you can be around others after:
  - 10 days since you had a positive viral test for COVID-19

If you are exposed in any scenario, continue to self-monitor your symptoms for 14 days. (Sources: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html, https://www.health.nd.gov/what-do-if-you-are-close-contact)

Faculty and student considerations

If quarantined, students should receive support through virtual learning options. Similarly, alternative teaching and work-from-home options for faculty, instructors, and staff should be provided to those who are well enough to continue working remotely. Flexible sick leave and supportive policies should be considered. (Source: https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/the-testing.html)