Navigating a positive COVID-19 test result – use the below flow chart as your guide.

### What is Close Contact?
- You were within 6 feet of an infected person for at least 15 minutes.
- You had DIRECT PHYSICAL CONTACT with a person (e.g., hugging, handshaking, kissing, sharing a living space or providing care of a COVID-19 positive person).
- You SHARED eating or drinking utensils, straws, food/ drinks with this person.
- You came into contact with their RESPIRATORY SECRETIONS (e.g., they coughed or sneezed on you).
- You were 6 feet away for a cumulative effect of 15 minutes with the same person during the same day.

It’s also important to know when understanding the definition of “close contact” is that it’s not only a duration of 15 minutes or more at one time, but could also be a cumulative effect of 15 minutes of “close contact” with the same person during the same day.

### RETURN to Campus/ Return to In-Person Classes
- Each person will experience COVID-19 differently. Individuals will be able to end self-isolation based on current best practices. [CDC criteria for ending home isolation](https://www.cdc.gov/coronavirus/2019-ncov/cases-contact.html).

If a student tests positive for COVID-19, in order to return to campus/ in-person classes, it’s important they contact the NIC Student Monitoring and Support Team at [studenthealth@nic.edu](mailto:studenthealth@nic.edu) to discuss their return so a team member can document that the student has met the criteria to be considered healthy and non-infectious. The NIC Student Monitoring and Support Team will communicate through NIC’s instructional deans to help relay student information to instructors.

Criteria for ending self-isolation and returning to campus and in-person classes:
- 10 days since symptoms first appeared
- 24 hours with no fever without the use of fever-reducing medications like Tylenol
- Other symptoms of COVID-19 are improving (e.g., loss of taste or smell may linger for weeks or months after recovery; other symptoms are lessening and no new symptoms have appeared).

If asymptomatic, a student can end self-isolation 10 days from the date of testing positive.

If you think that you have been directly exposed to COVID-19 or if you are experiencing COVID-19-related symptoms, please seek guidance from:

- Your Primary Health Provider (PHP) or Panhandle Health District (COVID-19) Informational Hotline: 877-415-5225.

  (For Students)

- The NIC Student Monitoring and Support Team at [studenthealth@nic.edu](mailto:studenthealth@nic.edu) or call 208-769-7794 or 208-665-4520.

  For after hours and weekends call: 208-665-5086. (After hours: Mon.-Thurs. after 5 p.m. and after 2:30 pm on Friday)