SAN MATEO COUNTY
COMMUNITY
COLLEGE DISTRICT

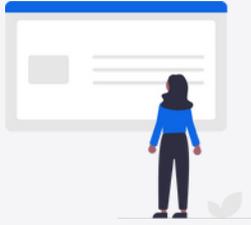*Cañada College • College of San Mateo • Skyline College*

COVID-19 GUIDANCE
Guidance to help you navigate and make informed decisions around COVID-19

1 Know Your Risk

Understand your risk of COVID-19 for yourself and those around and make informed decisions to keep you safe and healthy.

If you have risk factors, have a COVID-19 plan in place in case you get sick, and discuss that plan with your healthcare provider and those close to you. Learn what extra precautions you can take to protect yourself and others in settings that make you more likely to be exposed to COVID-19.

2 Protect Yourself

Stay up to date with COVID-19 vaccines including boosters regardless of risk factors.

CDC recommends that people ages 5 years and older receive one updated (bivalent) booster if it has been at least 2 months since their last COVID-19 vaccine dose, whether that was:
- Their final primary series dose, or an original (monovalent) booster
- People who have gotten more than one original (monovalent) booster are also recommended to get an updated (bivalent) booster.

With the flu season here, make sure to obtain added protection with the flu vaccine.

3 Take Action if Exposed

If you are exposed to someone who is positive for COVID-19, some recommended steps to consider:

- Wear a mask for up to 10 days any time you are around others inside your home or indoors in public
- Monitor for symptoms
- Test at least 5 full days after your last exposure
- Isolate if you test positive or are experiencing symptoms consistent with COVID-19

4 Take Action if You are Sick or Test Positive

If you are experiencing symptoms consistent with COVID-19:
Stay home (isolate) and test. If home antigen test is negative and symptoms persist, follow up with PCR lab test.

If you test positive for COVID-19:

- Isolate for at least 5 days from positive test or when symptoms began (whichever came first)
- When released from isolation, recommend wearing a mask when indoors while in public for an additional 5 days
- If you are at high risk of getting severely ill from COVID-19, seek treatment with **antiviral medications** (Paxlovid) or **monoclonal antibodies** (Bebtelovimab)

SMCCCD Isolation/Exposure Decision Tree
Reference: Centers for Disease Control and Prevention (CDC)

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