Appendix 1
COVID-19 Self-Screening Questionnaire
Updated 3/31/2022

All students, employees, contractors, visitors and guests are required to review the CCAC Self-Screening Questions, which may be adjusted as circumstances require, prior to entering CCAC buildings and facilities. If you cannot confidently answer “no” to the screening questions, do not come to campus. Any individual who, while on CCAC’s premises, exhibits symptoms commonly associated with COVID-19, or who otherwise provides information to College personnel which indicates that an individual may have been exposed to or contracted COVID-19, must complete the COVID-19 Reporting Form and leave the premises. Employees should also contact the Office of Human Resources and Students are to contact the local Dean of Students Office. Centers for Disease Control and Prevention (CDC) and Allegheny County Health Department (ACHD) current guidelines will be utilized to determine appropriate next steps and establish a return to campus plan for the individual.

Individuals should only come to a campus/facility if they have answered “no” to every question.

- Have you had close contact with someone who is currently sick with suspected or confirmed COVID-19 AND you are experiencing symptoms?
- Do you have a temperature at or above 100.4°F or any reason to be concerned that you are developing a temperature (without having taken a fever-reducing medicine)?
- Have you experienced a new cough that you cannot attribute to another health condition?
- Have you experienced new shortness of breath that you cannot attribute to another health condition?
- Have you experienced a new sore throat that you cannot attribute to another health condition?
- Have you experienced new muscle aches that you cannot attribute to another health condition or specific activity such as physical exercise?
- Have you had any of the following additional symptoms in combination with the above, that you cannot attribute to another health condition or specific activity: chills, repeated shaking with chills, runny nose or new sinus congestion, fatigue, new GI symptoms, new loss of taste or smell?

Symptoms and guidance are changing often, please review the most current guidance from the CDC to check your symptoms at: https://www.cdc.gov/coronavirus/2019-ncov/index.html

If your symptoms are severe, you may need to contact your medical provider.

If you cannot confidently answer “no” to the above questions, do not come to campus. By coming to class/work/campus, you are attesting that you confidently answered “no” to the above questions and have a very low risk of carrying or spreading COVID-19.

You can use this CDC Quarantine and Isolation Calculator to help determine how long you may need to isolate, quarantine, or take other steps to prevent spreading COVID-19:

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### Calculating Quarantine if EXPOSED

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.]

#### IF YOU were EXPOSED to COVID-19 and are **NOT** up-to-date on COVID-19 vaccinations

- **Stay home** and [quarantine](#) for at least 5 full days.
  - Wear a well-fitted mask if you must be around others in your home.
- **Do not travel.**
- **Get tested** - Even if you don’t develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
- **After quarantine** - Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
  - **Avoid travel** - It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19.

#### If you develop symptoms - [Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

#### Take precautions until day 10

- **Wear a well-fitted mask for 10 full days** any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
- **If you must travel during days 6-10,** [take precautions](#).
- **Avoid being around people who are at high risk**

#### IF YOU were EXPOSED to COVID-19 and are **up-to-date** on COVID-19 vaccinations

- **No quarantine** - You do not need to stay home **unless** you develop symptoms.
- **Get tested** - Even if you don’t develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
- **Watch for symptoms** until 10 days after you last had close contact with someone with COVID-19.

#### If you develop symptoms

[Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

#### Take precautions until day 10

- **Wear a well-fitted mask** for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
- **Take precautions if traveling**
- **Avoid being around people who are at high risk**

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### IF YOU were EXPOSED to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

- **No quarantine** - You do not need to stay home unless you develop symptoms. **Watch for symptoms**
  - Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

### If you develop symptoms

- **Isolate** immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

### Take precautions until day 10

- **Wear a well-fitted mask** for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
- **Take precautions if traveling**
- **Avoid being around people who are at high risk**

### Calculating Isolation when you’ve TESTED POSITIVE

**Day 0** is your first day of symptoms or a positive viral test. **Day 1** is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

### IF YOU TESTED POSITIVE for COVID-19 OR HAVE SYMPTOMS, regardless of vaccination status

- **Stay home for at least 5 days** and isolate from others in your home.
- **Wear a well-fitted mask** if you must be around others in your home.
- **Do not travel**.

### Ending isolation if you had symptoms - **End isolation after 5 full days** if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

### Ending isolation if you did NOT have symptoms - **End isolation after at least 5 full days** after your positive test.

### Take precautions until day 10

- **Wear a well-fitted mask** for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.
- **Do not travel** until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.
- **Avoid being around people who are at high risk**

### If you were severely ill with COVID-19 or are immunocompromised

You should isolate for at least 10 days. **Consult your doctor before ending isolation.**

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Students should contact a Dean of Students and Employees should contact the Office of Human Resources to address any questions and/or concerns related to CCAC’s COVID–19 testing protocols and reporting. More information regarding COVID–19 mitigation measures is available via the [CDC](https://www.cdc.gov) and [ACHD](https://www.achd.net) websites.
TRAVEL PRACTICES - CCAC requires all students, faculty, staff and administrators to follow the CDC recommended guidelines for travel. The CDC provides information on both Domestic and International Travel for vaccinated and unvaccinated individuals. All community members are required to follow the CDC guidelines. It is required that a COVID-19 Reporting Form is completed if CDC guidelines indicate a need to quarantine or isolate due to exposure or travel.

Allegheny County COVID-19 HOTLINE: 888-856-2774
The Allegheny County Health Department (ACHD) has partnered with United Way 2-1-1 to offer a 24/7 hotline to address questions and concerns about COVID-19. Language services are available.

VACCINATION - While the situation is evolving, the CDC continues to stress that vaccines remain the best protection from COVID–19. In addition to being highly effective at preventing severe illness, hospitalizations, and death, they slow transmission and reduce the likelihood of new variants emerging. As a result, the CDC recommends that everyone 5 years and older protect themselves from COVID–19 by getting fully vaccinated and that everyone aged 18 years and older should get a booster shot at least two months after their initial J&J/Janssen vaccine or six months after completing their primary COVID–19 vaccination series of Pfizer-BioNTech or Moderna. The College has and will continue to provide opportunities for all members of the College community to obtain the vaccine or booster, at no cost, through on-campus clinics and offering both Pfizer and Moderna vaccines.

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