Appendix 1

CCAC COVID-19 Self-Screening Questionnaire

All CCAC students, employees, contractors, visitors and guests are required to review the CCAC Self-Screening Questionnaire and conduct symptom monitoring every day before entering CCAC buildings and facilities. Coming to a CCAC campus or facility sick or with symptoms puts the entire college community at an unnecessary risk for spreading the novel coronavirus, the virus that causes COVID–19. By working together, we can maintain a healthy environment for all. Individuals who suspect that they may have been exposed to COVID–19 and can answer “yes” to any of the questions on the self-screening questionnaire, are not permitted to come to campus. Please see: Exceptions for Allied Health & Nursing Students with Possible Exposure to COVID-19 in a Healthcare Setting on page 4. All CCAC students, employees, contractors, visitors and guests are required to answer the following questions honestly: Individuals should only come to a campus/facility if they have answered “no” to every question.

- Within the last 14 days, have you had close contact (please reference pages 2-3) with someone who is currently sick with suspected or confirmed COVID–19? CDC Update February 11, 2021: If you’ve been fully vaccinated against the disease within the last three months and show no symptoms, you are not required to quarantine. https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html
- Have you just returned from traveling? Please see updated travel guidance below.
- Do you have a temperature at or above 100.4° 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?

If you cannot confidently answer “no” to these 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. Students who cannot answer “no” to the above questions should advise their Dean of Students to discuss options. Employees who cannot answer “no” to the above questions should contact Human Resources to discuss options.


The CDC continues to recommend limiting travel and gatherings. CCAC will continue to follow CDC Guidelines regarding travel. Please plan accordingly.

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Public health recommendations for vaccinated persons – CDC guidance updated March 12, 2021

For now, fully vaccinated people can gather indoors without physical distancing or wearing masks with:
- Other people who are fully vaccinated
- Unvaccinated people from one other household, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19

Until more is known, fully vaccinated people should continue to wear masks and stay 6 feet apart from other people in other settings, like when they are in public or visiting with unvaccinated people from multiple households. Additional recommendations can be found at When You’ve Been Fully Vaccinated.

REVISED QUARANTINE GUIDANCE

The Allegheny County Health Department, in concert with the Pennsylvania Department of Health, will follow revised guidance issued on February 11, 2021 from the Centers for Disease Control and Prevention regarding quarantine. The revised CDC guidance is available in full here: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

The Health Department, along with the CDC, recommends quarantining for at least 14 days for people who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.
- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms.
- People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease within the last three months and show no symptoms.
- (3/17/21) People who have tested antibody positive within three months before an exposure and show no symptoms do not have to quarantine.

Individuals at a location not meeting the above listed exclusions, who have had exposure and exhibit symptoms commonly associated with COVID-19, or who otherwise provide information to college personnel that indicates he or she may have been exposed to or contracted COVID-19, will be directed to leave the premises and not return until they have self-isolated for 10 days since symptoms first appeared, AND are fever free without the use of fever-reducing medication for 24 hours, AND symptoms have improved.

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

DETERMINING CLOSE CONTACTS OF PERSONS WITH COVID-19

Identification and quarantine of close contacts associated with individuals infected with COVID-19 is critical to the public health response as it can help slow disease transmission.
- Transmission is most commonly spread when two people are in close contact with one another (within 6 feet, or 2 arm lengths).

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The nature and duration of contact also need to be considered when assessing close contacts. In general, time periods of 15 minutes or more appear to present the greatest risk.

On 10/21/2020 the definition of close contact was updated by the CDC to be “someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period.” However, there are circumstances when someone should be considered a close contact of a case after being within 6 feet for fewer than 15 consecutive minutes.

**Additional Factors to Determine Close Contacts of Persons with COVID-19**

- Being in extremely close proximity (e.g., face to face).
- Having a prolonged exposure time.
- The infected person exhibiting symptoms.
- The infected person generating respiratory aerosols (e.g., coughing, singing, shouting).
- The presence of environmental conditions (e.g., crowding, inadequate ventilation, or being indoors).

These factors may result in a person being identified as a close contact even if contact time is less than 15 consecutive or cumulative minutes. In addition, individuals with numerous brief interactions totaling 15 minutes or more can be considered close contacts if this can easily be assessed operationally. Assessing the nature of the interaction in its entirety is important to determining the risk of transmission in that specific scenario.

**IF YOU ARE IDENTIFIED AS BEING A CLOSE CONTACT OF A COVID-19 CASE**

The Pennsylvania Department of Health (DOH) strongly recommends that individuals identified as being a close contact of a COVID-19 case be tested for SARS-CoV-2 at least 2-3 days after the exposure, regardless of the presence of symptoms. Information about insurance coverage and COVID-19 testing can be found here. Results should be reported to DOH within 24 hours of the test’s completion. If you have questions about this guidance, please call your local health department or 1-877-PA-HEALTH (1-877-724-3258).

Consistent with the recent CDC guidance, the Health Department offers the following two methods to reduce the duration of quarantine. Please note that these alternatives do not apply to healthcare settings and congregate settings (please see Exceptions on page 4).

1. **Quarantine can end after 10 days if no symptoms develop with careful daily monitoring.** Monitoring should continue for a full 14 days, and if symptoms develop, quarantine should resume, and testing should be performed.

2. **If there are sufficient local testing resources, quarantine can end after 7 days if the person does not develop symptoms with careful daily monitoring and tests negative for the virus. The test should be performed on the fifth day after the exposure or later. Quarantine cannot end before day 7.**
   a. The Health Department prefers that a PCR test be used to determine if a person can leave quarantine after 7 days.
   b. Priority for testing will be given to people with symptoms seeking testing to confirm an infection.

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The CDC’s updated guidance regarding quarantine is intended for the community and does NOT apply to healthcare or congregate settings. Healthcare settings should follow [PA-HAN-526](https://www.cdc.gov) or its successor for treating patients and residents exposed to COVID-19. Healthcare staff exposed to COVID-19 while working in a healthcare setting should follow [PA-HAN-510](https://www.cdc.gov) or its successor.

**Exceptions for Allied Health & Nursing Students with Possible Exposure to COVID-19 in a Healthcare Setting**

Students who work in a clinical setting under the guidance of a clinical coordinator or other faculty of the college are required to follow all guidelines from the clinical settings where they work. The CDC has designated the following guidance for all paid and unpaid persons serving in healthcare settings who have the potential for direct or indirect exposure to patients or their infectious secretions and materials.

**High risk exposure –**

- **Close contact** (please reference page 2) with a person with CV-19 in the community; OR
- Providing direct patient care for a patient with CV-19 (e.g., physical exam, nursing care, performing aerosol-generating procedures, specimen collection, radiologic testing) without using proper personal protective equipment (PPE) or not performing appropriate hand hygiene after these interactions; OR
- Having contact with the infectious secretions from a patient with CV-19 or contaminated patient care environment, without using proper personal protective equipment (PPE) or not performing appropriate hand hygiene.

**Allied Health & Nursing Students Exceptions (continued)**

**Low risk exposure** – contact with a person with CV-19 having not met criteria for high-risk exposure (e.g., brief interactions with CV-19 patients in the hospital or in the community).

**Vaccination Update** (February 11, 2021): If student/staff has been fully vaccinated against the disease within the last three months and shows no symptoms, quarantine is not required.


**CDC Update** (March 17, 2021): If student/staff test antibody positive within three months before an exposure and show no symptoms, quarantine is not required.


If the student is exposed in a healthcare setting, they should do the following to be permitted to return to clinical or on-site instruction:

- Advise the clinical coordinator or faculty member immediately if they suspect that they may have been exposed to a patient who is COVID positive.
- Follow the direction of the clinical coordinator or faculty member.

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• Follow all **recommended infection prevention and control practices**, including
  o wearing a facemask for source control while in class, clinical or at work
  o monitoring themselves for fever or **symptoms consistent with COVID-19** (reference the CCAC Self-Screening Questionnaire found at the COVID Response page)
  o not reporting to class, clinical or work when ill
  o undergoing active screening for fever or **symptoms consistent with COVID-19** at the beginning of their shift.

**Any student or employee** who may have been exposed and develops fever or **symptoms consistent with COVID-19** should immediately self-isolate. Students should contact their Dean of Students and faculty/employees should contact Human Resources for further guidance.

If you become sick while in class or clinical or while working, you shall notify your instructor/supervisor and return home or seek medical advice immediately.

**TESTING** - If you are worried about exposure or have begun feeling symptoms, get tested. Free testing locations can be found by using this [tool](#). Please use a local address when registering for a test. A community-based testing site has been established in McKeesport at RIDC Park (455 Industry Road, McKeesport, PA 15132) operational on September 15, 2020. For more information: [https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/McKeesport-Testing-Site.aspx](https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/McKeesport-Testing-Site.aspx)

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.

Updated 4/1/21 hac