



## Appendix 1 COVID-19 Self-Screening Questionnaire Updated 1/12/2022

All students, employees, contractors, visitors and guests are required to review the CCAC Self-Screening Questions prior to entering CCAC buildings and facilities. The Self-Screening Questions are posted at building entrances and on the *myCCAC* portal and may be adjusted as circumstances require. 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 COVID19 **AND** you are experiencing symptoms?
- 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?

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.

*\*continue to next page*



CCAC will follow [CDC](#) and [ACHD](#) Guidance for individuals who test positive or are exposed to someone who tests positive. **If you test positive, have a known exposure or are experiencing symptoms that could be attributed to COVID do not come to campus - complete a Maxient!**

**SYMPTOMATIC**      **If you are SYMPTOMATIC but feel you haven't been exposed and you are unable to test, follow the guidance above for individuals who have been exposed.**

**P** **If you HAVE SYMPTOMS & TEST POSITIVE, regardless of vaccination status, you must ISOLATE** and may return onsite to work/class after **all** of the following conditions are met:

**O** 1. You have completed at least five days of isolation starting from the day your symptoms began, which is day 0.

**S** **AND**

2. You are 24 hours free of fever (without the use of medication)

**I** **AND**

3. Your symptoms are improving

**T** **If your symptoms are not improving AND/OR if you are still running a fever** (without the use of medication) isolation is to be extended beyond five days.

**I** \*You must be fever-free for at least 24 hours and your symptoms need to be improving.

**V** **If you were hospitalized for COVID-19, your isolation may be up to 20 days.**

\*Discuss this with your health care provider.

**E** **If you NEVER HAD SYMPTOMS & TEST POSITIVE, you can return onsite to work/class five days after the date your positive test sample was taken which is day 0.**

**E** **Do NOT** get another PCR test for COVID-19 for the next 90 days unless you develop new symptoms.

\*It is common for a PCR test to remain positive for up to a couple of months, even though you are no longer able to spread the virus.

**E** **If you have been EXPOSED to someone who tested positive for COVID-19 and you:**

<p>Have received your <b>BOOSTER</b></p> <p><b>OR</b> Completed the primary series of mRNA (Pfizer and/or Moderna) in the last 6 months</p> <p><b>OR</b> Completed the primary series of J&amp;J within the last 2 months</p>	<p>Quarantine is not required <b>unless symptoms develop.</b></p>
<p>If you are <b>UNVACCINATED</b></p> <p><b>OR</b> more than six months out from your second mRNA (Pfizer and/or Moderna) dose</p> <p><b>OR</b> more than two months out from a J&amp;J vaccine</p>	<p>Quarantine for five days &amp; if possible, get tested on the fifth day after exposure.</p>

**E** \*If symptoms develop, regardless of vaccination status, quarantine until you are fever-free for at least 24 hours (without the use of medication) and your symptoms are improving. If possible, get tested on the fifth day after exposure.

**D** **The five day quarantine is to be followed with wearing a well-fitted mask.**

This will minimize the possible risk of spreading the virus to others.

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](#) and [ACHD](#) 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.

**TESTING** - [CDC recommends](#) that anyone with any signs or [symptoms of COVID-19](#) get tested, regardless of vaccination status or prior infection. If you get tested because you have symptoms or were potentially exposed to the virus, you should stay away from others pending test results and follow the advice of your health care provider or a public health professional. Visit this site to schedule testing: <https://book.curative.com/search#10/40.4467/-79.9533>

**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. In addition, participation in certain athletic and extracurricular activities where masking and physical distancing are not possible may be made contingent upon each participant providing proof of vaccination.