



ISOLATION/QUARANTINE ADDITIONAL GUIDANCE

Dear Texas Tech University Community,

Additional guidance is provided below concerning return to classes or return to work for individuals who have tested positive for COVID-19 or have been in quarantine due to a high-risk exposure to a COVID-19 positive person.

Isolation. All individuals with a positive COVID-19 test result should report using the [TTU COVID-19 Management System](#). Those who report using this TTU online tool will receive an emailed letter of release from Texas Tech Student Health Services and the City of Lubbock noting the date of their resolved infection. This is typically after completing at least 10 days in isolation, overall improvement in symptoms, and absence of fever without the use of fever-reducing medication in the last 24 hours. Students and employees who are returning to class or work following a positive COVID-19 diagnosis can present this letter to their instructors and supervisors to return to class or work. In some cases, additional time, as determined by health monitors, could be needed for resolution of infection if the individual has a weakened immune system (immunocompromised) or experienced severe COVID-19. **Please note that the Centers for Disease Control (CDC) no longer requires a negative test to return to school or work following a completed isolation period.**

Quarantine. Students and employees who have been identified as a high-risk contact of someone who was infected with COVID-19 will be asked by a contact tracer to quarantine for 14 days from the last time they were exposed to the positive individual. Daily monitoring should be completed using the [TTU COVID-19 Management System](#). A person in quarantine with no COVID-19 symptoms is cleared to return to class or work following the 14-day quarantine. Individuals in quarantine will not have a letter to return to class or work and should be allowed to return when their 14 days is complete.

Testing. The CDC has updated criteria for those who should get tested for COVID-19.

- People who have symptoms of COVID-19 should get tested.
- People who have had close contact (within 6 feet of an infected person for at least 15 minutes and infected person was unmasked) with someone with confirmed COVID-19 should get tested. The test should be performed 6-8 days following the exposure to reduce risk of a false negative result.
- People with a high-risk exposure should quarantine for 14 days, starting with the last day of exposure to a COVID-19 positive person and self-monitor for symptoms using the [TTU COVID-19 Management System](#). There is no requirement to be retested to return to school or work.*
- People who have been asked or referred to get testing by their healthcare provider or [local](#) or [state](#) health department.
- Please remember, if you get tested, you should self-quarantine/isolate at home pending test results and follow the advice of your healthcare provider or a public health professional.

*Instructors of Record are reminded that students who isolate or quarantine are to be granted excused absences and permitted to complete make-up work for the period of isolation or quarantine.

For additional information related to COVID-19 please visit [Texas Tech Commitment](#).

Sincerely,

Meredith Imes

Associate Managing Director, Emergency Management
COVID-19 Coordinator
Texas Tech University

