

Student Self-reported Positive COVID-19 Test/Exposure – Confirmation Email/Next Steps Sent After Form Submitted

Title: **Your Next Steps**

Dear _____,

We have received your submission regarding COVID-19. We are committed to your success as a student and the safety of our campus as a whole. Please review the following steps:

Safety Steps

Students who have tested positive for COVID-19:

- Must self-quarantine for a minimum of 14 calendar days before returning to campus (even if student is not showing any symptoms).
- Before returning to campus, students must meet these criteria:
 - Show no symptoms
 - Cleared by a medical provider, or test negative
 - No fever for 3 days without using fever-reducing medicine

Students who have been exposed to COVID-19, but have not tested positive:

- Follow the 10-14 day calendar day quarantine.
- If you begin experiencing symptoms, please stay home and consult with a medical provider to determine if medical evaluation is needed.
- If you test positive for COVID-19 after your initial report of exposure, students should re-submit the self-report with the updated information.

Academic & Campus Resources

While in quarantine, we recommend **notifying your instructor(s) as soon as possible** that you cannot attend in person and discuss any needs you or your instructor have during this time. We recommend communicating regularly with your instructor(s) on how you are feeling and your ability to complete the coursework.

The NHCC Health & Safety Officer may reach out to you to verify the information submitted on the form, if you have been on campus or had contact with campus members.

A member of our campus CARE Team will reach out to you to see if you need any support with academic needs, personal or health support. If you need assistance prior to our outreach, please contact Counseling at counseling@nhcc.edu or 763-493-0554 or Advising at advising@nhcc.edu or 763-424-0703.

Additional COVID-19 Resources

If you are experiencing symptoms of COVID-19, please see additional resources:

- Use the CDC website on how to [Care for yourself at Home](#) with COVID-19.

- If your household contacts were exposed to you while you had symptoms, they should try to stay home as much as possible for 14 days.
 - They should closely monitor their health, and if symptoms occur, they must isolate themselves. More guidance on this can be found here: [MDH COVID-19 Basics](#)
 - Use the CDC website for [How to Minimize Spread](#)
- Additional resources:
 - Minnesota Department of Health: Weekdays 8 a.m. to 6 p.m. and Weekends 8 a.m. to 4 p.m.; 651-201-3920 or 1-800-657-3903
 - MDH Coronavirus: <https://www.health.state.mn.us/diseases/coronavirus/index.html>
 - CDC Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Please feel free to contact our campus departments if you have any questions or concerns. Department information is available on our website at www.nhcc.edu/c19-connect2services. The safety, security and health of our faculty, staff and students continue to be our number one priority. For general questions, please email coronavirus@nhcc.edu.

Sincerely,

North Hennepin Community College
From/Reply to: coronavirus@nhcc.edu