



COVID-19 Plan for Isolation, Quarantine and Monitoring Periods

The University has adopted this protocol to comply with applicable state and local public health orders and to be consistent with applicable federal and state guidance. The Provost's Office may issue updated protocols, which become effective upon adoption, to respond to changes in state and local public health orders, to be consistent with new federal and state guidance, and/or to adapt to changing conditions on campus. Please watch for updates to these protocols and regularly check the [DU COVID-19 website](#) for news and other important information.

University of Denver COVID-19 Isolation, Quarantine and Monitoring Protocol

Following the recent revisions that the Centers for Disease Control and Prevention (CDC) made to its [quarantine and isolation guidance](#), [CDPHE's implementation of those changes](#), and with the approval of the Denver Department of Public Health & Environment (DDPHE), the University of Denver (DU) implements the following procedures for isolation, quarantine, and monitoring of DU students, faculty, staff, and other personnel following COVID-19 positive test or exposure.

1. Definitions

- a. Isolation separates individuals who have tested positive or are presumed positive for COVID-19 from individuals who are not known to have COVID-19.
- b. Quarantine is used to prevent transmission of COVID-19 by keeping an individual who is a Close Contact apart from other individuals.
- c. Monitoring is used to monitor and test Close Contacts who are fully vaccinated (as defined in DU's [COVID-19 Vaccination Protocol](#)).
- d. High Quality Mask means a KN95 or N95 mask or, if a KN95 or N95 mask is not available, at minimum a surgical mask that is three-ply or better. High Quality Mask does not include cloth face masks, bandanas, neck gaiters, face shields, or other types of face coverings.
- e. Exposure means contact with someone who is confirmed positive for the virus that causes COVID-19 in a manner that increases the likelihood that an individual may contract the virus that causes COVID-19.
- f. Close Contact means an individual who was less than 6 feet away from someone who is confirmed positive for the virus that causes COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period.

Isolation

1. Requirements of Isolation

- a. Individuals who have tested positive or are presumed positive for COVID-19 must remain in Isolation until they are released from Isolation.
- b. Individuals must not leave Isolation for any reason other than to seek medical care or to get tested on the day and time specified in the secure message sent to their MyHealth account.

- c. All DU community members in Isolation must wear an N95/KN95 mask at all times until 10 days after their Isolation begins, except:
 - i. While they are actively eating and drinking;
 - ii. When they are alone in their own residential room with the door closed; and
 - iii. While they are showering or brushing teeth, provided that if the individual is in Isolation in a location with a shared bathroom, the individual must wear the N95/KN95 mask in the shared bathroom when not showering or brushing teeth.
- d. DU will provide each DU community member with one N95/KN95 mask for Isolation if the community member does not already have one.
- e. To be eligible for reduced Isolation as set forth below, DU community members must follow all Isolation requirements.

2. Calculation of the Isolation Period

- a. A documented PCR test for SARS-CoV-2 starts the Isolation period at day 1.
 - i. If an individual has a documented prior positive test (such as an antigen test), day 1 may begin on that documented start date.
- b. The default Isolation period is 10 days, starting with day 1 and ending with the individual being released from Isolation on day 11.
- c. If a DU community member has proof of being fully vaccinated (as defined in DU's [COVID-19 Vaccination Protocol](#)) uploaded to and confirmed in their MyHealth account, they may be eligible for earlier release from Isolation as early as day 6, if they meet all of the following conditions:
 - i. Having a DU PCR test result taken day 5 or later with a viral load below the shedding threshold (as determined by the DU SPIT Lab);
 - ii. Being fever free for at least 24-hours without medication;
 - iii. Being asymptomatic on day 5 or their COVID-19 symptoms are resolving; and
- d. For DU student-athletes during their competition season:
 - i. DU student-athletes in competition season may be released from Isolation by meeting all of the applicable conditions set forth in item 2.c above, with the following additional conditions and exceptions:
 - 1. After release from Isolation and through day 10
 - a. Before training or competing without a mask, student-athletes must undergo medical evaluation each day and must have received medical clearance;
 - b. Medically cleared student-athletes must wear an N95/KN95 mask while on the bench, during warm-ups, in the locker room, and at all other times (as set forth above).
- e. If an individual's DU PCR test result taken on day 5 does not demonstrate a viral load below a shedding threshold (as determined by the DU SPIT Lab), the individual may test again on day 7 for early release from Isolation on day 8, if they satisfy all of the applicable conditions in item 2.c above.
 - i. If an individual's day 5 or day 7 test results as "not detected," the individual will receive a secure message in their Myhealth account requiring the individual to verify the additional conditions set forth in item 2.c.

- ii. If an individual's day 5 or day 7 test results as "detected," a manual step is required to evaluate whether the viral load is below the established shedding threshold. In this case, the individual will receive a follow-up secure message in their Myhealth account with the results from this additional step. Please allow 12 hours for this additional determination.

Quarantine and Monitoring

1. Requirements of Quarantine

- a. DU community members who are Close Contacts must Quarantine if:
 - i. They do not have proof of being fully vaccinated (as defined in DU's [COVID-19 Vaccination Protocol](#)) uploaded to and confirmed in their MyHealth account; and/or
 - ii. They are experiencing any COVID-19 symptoms, regardless of vaccination status.
- b. Individuals in Quarantine must:
 - i. Stay at their residence until released from Quarantine
 - 1. For residential students, remain in their own assigned residential room or move to an assigned Quarantine location if instructed to do so by DU;
 - 2. For faculty, staff, and other personnel, remain at home.
 - ii. Not attend class or other University activities in-person or go to work in-person until released from Quarantine.
 - iii. Not leave Quarantine for any reason other than to seek medical care or to get tested on the day and time specified in the secure message sent to their MyHealth account.
 - iv. Undergo on-campus RT-PCR testing:
 - 1. At the start of Quarantine;
 - 2. As communicated by the COVID Response Team via a secure message to the individual's MyHealth account;
 - 3. Promptly if the individual become symptomatic at any point during Quarantine; and
 - 4. To be eligible for release from Quarantine at the end of the Quarantine period.
 - v. Wear a High Quality Mask at all times until 10 days after their last Exposure, except:
 - 1. While they are actively eating and drinking;
 - 2. When they are alone in their own residential room with the door closed; and
 - 3. While they are showering or brushing teeth, provided that if the individual is in Quarantine in a location with a shared bathroom, the individual must wear the High Quality Mask in the shared bathroom when not showering or brushing teeth.
- c. Failure to complete all DU requirements for Quarantine:

- i. Will require the individual to have a negative test result in their MyHealth account at the of the Quarantine period before their campus access is restored; and
- ii. May subject the individual to the applicable provisions of the COVID-19 Responsibility and Enforcement Protocol.

2. Requirements of Monitoring

- a. DU community members who are Close Contacts do not have to Quarantine, but must enter Monitoring if:
 - i. They have a positive RT-PCR test within the previous 90 days documented in their MyHealth account; and/or
 - ii. They have proof of being fully vaccinated (as defined in DU's [COVID-19 Vaccination Protocol](#)) uploaded to and confirmed in their MyHealth account.
- b. Individuals in Monitoring must:
 - i. Undergo on-campus RT-PCR testing (unless they have a positive RT-PCR test within the previous 90 days documented in their MyHealth account):
 - 1. at the start of Monitoring;
 - 2. as communicated by the COVID Response Team via a secure message to the individual's MyHealth account;
 - 3. promptly if the individual become symptomatic at any point during Monitoring; and
 - 4. to be eligible for the end of Monitoring.
 - ii. Log their symptoms daily for 15 days after Exposure in the Quarantine Daily Log, which is available after logging into PioneerWeb under the COVID-19 Information heading.
 - iii. Wear a High Quality Mask around others for 10 days after Exposure, except:
 - 1. While they are actively eating and drinking;
 - 2. When they are alone in their own residential room or their own private office with the door closed; and
 - 3. While they are showering or brushing teeth, provided that if the individual is in Monitoring in a location with a shared bathroom, the individual must wear the High Quality Mask in the shared bathroom when not showering or brushing teeth.
- c. Failure to complete all DU requirements for Monitoring:
 - i. Will result in removal of campus access for the individual;
 - ii. Will require the individual to have a negative test result in their MyHealth account before their campus access is restored; and
 - iii. May subject the individual to the applicable provisions of the COVID-19 Responsibility and Enforcement Protocol.

3. Calculation of the Quarantine or Monitoring Period

- a. The calculation of the Quarantine or Monitoring period begins after the last exposure of a Close Contact to someone confirmed positive for the virus that causes COVID-19 if the Exposure occurred from 48 hours prior to the sample collection for the positive test

and/or 48 hours prior to the onset of the confirmed positive individual's symptoms, whichever is longer.

- b. If DU does not inform the DU community member of the need to Quarantine or enter Monitoring (e.g., because the exposure notification happened outside of the DU community or because DU has temporarily suspended contact tracing as provided in the [COVID-19 Positive Test or Presumed Positive Response Protocol](#)), the individual must report the start date of Quarantine or Monitoring to reportCOVID@du.edu.
- c. The default Quarantine or Monitoring period lasts 10 days (released from Quarantine or ending Monitoring on day 11) from the last Exposure of a Close Contact.
- d. If an individual in Quarantine or Monitoring remains asymptomatic during the entire period of Quarantine or Monitoring, as documented by the individual's daily use of Quarantine Daily Log, tests on the schedule communicated by the COVID Response Team via a secure message to the individual's MyHealth account, and does not test positive during the entire Quarantine or Monitoring period, the individual is eligible for release from Quarantine or ending Monitoring on day 11.