



# Isolation Requirements

**NOTE: Requirements and recommendations for students and employees** are based on isolation guidance provided by the [Centers for Disease Control](#) (CDC), [Oregon Health Authority](#) (OHA) and Local Public Health Authority (LPHA). LBCC students and employees must adhere to these guidelines unless otherwise directed. **Student and employee isolation requirements**

**If experiencing COVID-19 symptoms**, you are required to:

- Isolate until symptoms are resolved (i.e., no fever for 24 hours without fever-reducing medications).
- Get tested.
- Follow all public health guidance.

**If tested positive** for COVID-19 and are **symptomatic**, you are required to:

- Isolate for at least **five days** after onset of symptoms and until all symptoms are resolved (i.e., no fever for 24 hours without fever-reducing medications).
- Wear a well-fitting mask around others for at least **10 days** from the onset of symptoms.

**If tested positive** for COVID-19 and are **asymptomatic**, you are required to:

- Isolate for **five days** from the date of the test.
- Wear a well-fitting mask around others for **10 days** from the positive test.

**If exposed** (close contact) to a confirmed or presumptive COVID-19 case, you are required to:

- Wear well-fitting masks around others for **10 days** from the date of exposure.
- Monitor for symptoms.
- Test on day five, if possible.
- **Not** required to isolate, unless you develop symptoms.
- Get retested if symptoms appear.

## Exposure and symptoms definitions

- **Exposure** — Being in close contact (within 6 feet for at least 15 minutes in a 24-hour period) with a person who has recently tested positive for COVID-19.
- **Symptoms** — [See The Facts about COVID-19](#).