

Student Protocols for COVID-19 Cases and Exposures

Guiding principles

UWaterloo Health Services is here to support the student population with essential medical care. This guideline provides information on how to address student Covid-19 exposures for specific situations. **If you are concerned you may have COVID-19 you can perform this [self-assessment](#) to help you with next steps. If you have recently been exposed to COVID-19, or have tested positive on a rapid antigen test, please click [here](#) for next steps.**

These steps are also outlined on the Ministry provided flow charts below.

General Terms:

Fully Vaccinated: an individual ≥ 14 days after receiving their second dose of a two-dose COVID19 vaccine series or their first dose of a one-dose COVID-19 vaccine series. The Vaccine must be approved for use in Canada

Rapid Antigen Screening: A test that helps identify individuals both symptomatic and asymptomatic, who may be infected with COVID. Test results are available within the hour. In most situations, a positive rapid test should be taken as valid and do not need to be confirmed with a PCR test or reported to public health

PCR test: A swab that is placed in the nose through to the back of the throat to test for COVID-19. It is only available through testing centers and will take 1-4 days to get results. At this time, it is only available to those in the highest risk settings and most students will not qualify for this type of testing. These can be found at the end of this document

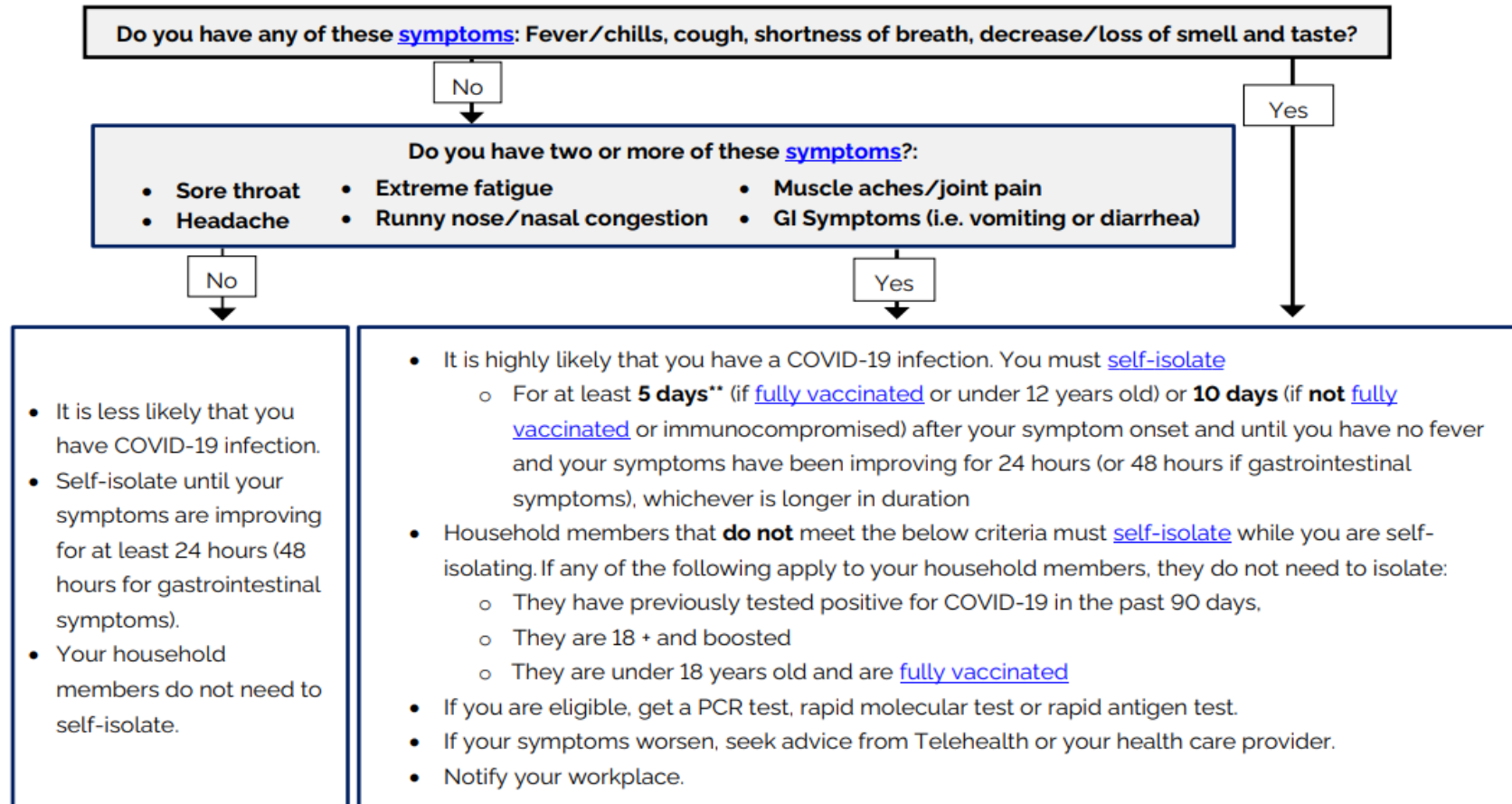
If any student is exposed to COVID-19, tests positive for COVID-19 whether symptomatic or asymptomatic, and you think you will miss classes, due dates, or exams due to COVID-19:

- Contact your course instructors before, or within 48-hours of a test, exam or due date
- Complete the illness [self-declaration](#) form in the Personal Information section of QUEST

If a student in residence is exposed to COVID-19, tests positive for COVID-19 whether symptomatic or asymptomatic, or develops symptoms of COVID-19:

- 1.** The student must contact Residence Life coordinators at reslifeteam@uwaterloo.ca This will ensure communication of next steps, and ensure the student has adequate supports and assistance while in isolation.
- 2.** If the student has additional questions, they can submit a webform to the Campus Wellness COVID-19 Support and Advice page [here](#) and a nurse from Health Services will connect with the student to assist. This page is monitored during University operating hours

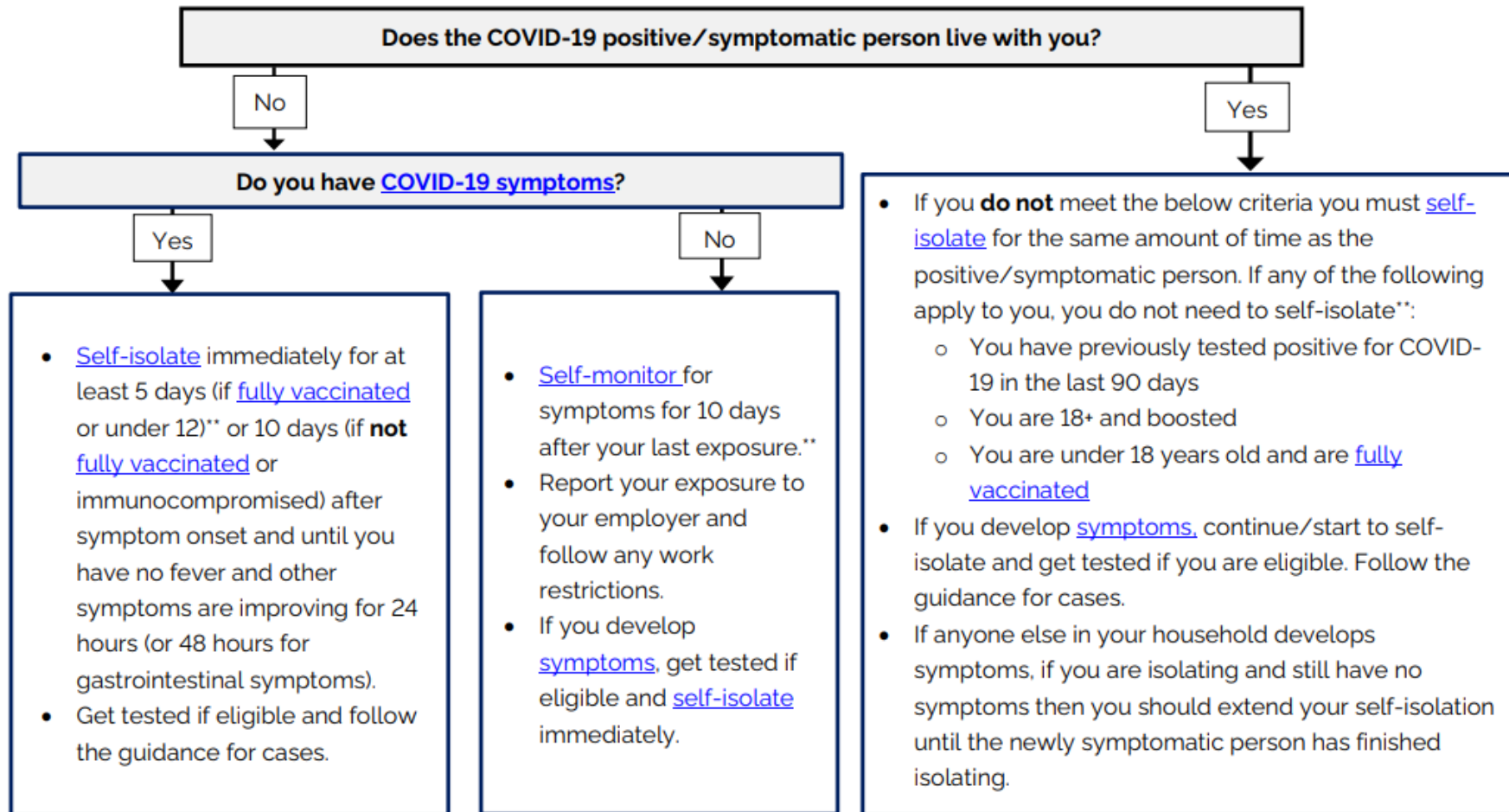
You have symptoms and are concerned you may have COVID-19. Now what?



Note: Symptoms should not be related to any other known causes or conditions. See the [COVID-19 Reference Document for Symptoms](#) for more information.

**For 10 days after symptom onset (or 20 days for immunocompromised individuals): maintain masking in public setting, do not visit or work in any highest risk setting, do not visit vulnerable individuals (e.g. immunocompromised individuals or seniors).

You've been identified as a close contact of someone who has tested positive for COVID-19 or someone with COVID-19 symptoms. Now what?



Wear a well-fitted mask in public, physical distance and maintain other public health measures for 10 days following your last exposure if leaving home. You should **NOT visit or attend work in any highest risk settings and not visit individuals who may be at higher risk of illness (i.e. seniors or immunocompromised) for 10 days after your last exposure.