



Updated Quarantine Guidelines – Effective Tuesday, January 26, 2021

Based on revised quarantine guidance from CDC and CDPHE, LCC will be implementing the following quarantine standards effective Tuesday, January 26, 2021. Please check with Chad DeBono (chad.debono@lamarcc.edu 719-336-1517) or Shelly Tombleson (shelly.tombleson@lamarcc.edu 719-336-1572) if you have questions or a unique circumstance not covered here.

The Centers for Disease Control and Prevention (CDC) continues to recommend a full 14 day quarantine as the most effective way to reduce disease spread. CDPHE has updated its guidance to explain when other, less protective options might be appropriate. Because symptoms may appear 2-14 days after exposure to the virus, the “gold standard” for quarantining remains 14 days. However, because there is some hardship to individuals and organizations the CDC is allowing a 10-day quarantine as long as the quarantined individual is not symptomatic. Quarantine means stay home. There is an additional recommendation to be careful to limit contact and monitor for symptoms closely during the subsequent four (4) days. Day one of quarantine begins on the first full day following your return and/or contact with an exposed individual.

Employees are reminded to follow travel standards for official and personal travel (as noted in the Safe Return to Campus – Spring 2021 Plan [COVID-19 Information - Lamar CC](#)), including working with your supervisor and HR Director, Shelly Tombleson prior to travel.

NOTE: *If you have already had COVID-19, as documented through a PCR test, you will not need to quarantine during the 90-days since your test.*

Scenario	Recommend	Risk	Cautions
Direct and extended (longer than 15 minutes) exposure to family member, friend, classmate, or roommate with COVID-19	14-day quarantine unless directed otherwise by PCPHE	high	Contact Prowers County Public Health and Environment to determine need for testing
Travel to a red zone on Harvard COVID-19 Map with significant interaction with multiple individuals and/or groups	14-day quarantine per LCC travel standards	high	Follow safety precautions in place at location traveled to
Out-of-State Travel on public transportation for a period longer than 15 minutes	14-day quarantine per LCC travel standards	high	Follow safety precautions in place at location traveled to
In-State Travel on public transportation for a period longer than 15 minutes	10 day quarantine as long as no symptoms per LCC travel standards	medium	Do consistent social distancing, mask-wearing, handwashing and other safety precautions



Updated Quarantine Guidelines – Effective Tuesday, January 26, 2021

Travel to a red zone on Harvard COVID-19 Map with limited interaction with others (excluding trips which meet LCC guidance for no need for quarantine, such as one-day medical appointments)	10 day quarantine as long as no symptoms per LCC travel standards	medium	Do consistent social distancing, mask-wearing, handwashing and other safety precautions
Limited exposure (e.g., outdoor setting with safety protocols, indoor setting < 15-minute contact and safety protocols) to family member, friend, classmate or roommate with potential or confirmed COVID-19	10 day quarantine as long as no symptoms	medium	Do consistent social distancing, mask-wearing, handwashing and other safety precautions
Travel with team to a location that later reports positive cases among other team/coaching staff at the time of competition. (<i>*This may vary depending on whether the event was indoors/outdoors and how much proximity between competitors. Please consult with LCC COVID-19 Coordinators</i>).	10 day “Cohort Isolation” as long as no symptoms. Remote learning and 10-day quarantine from non-team cohort as long as no symptoms*	medium-to-high	Do consistent social distancing, mask-wearing, handwashing and other safety precautions
Possibly infectious with symptoms	Call Prowers County Public Health and Environment to determine need for testing. Quarantine time will be based on guidance from PCPHE	medium-to-high	Do not return to in-person activities at LCC until day recommended by PCPHE.
Confirmed positive	Isolation time will be based on guidance from PCPHE	high	Do not return to in-person activities at LCC until day recommended by PCPHE.
Exposure to an individual who was exposed to someone with COVID-19	No quarantine unless the other individual tests positive and/or you develop symptoms	medium-to-low	If concerned, check with Prowers County Public Health and Environment

To schedule testing via Prowers County Public Health and Environment, please call 719-336-8721