

Triton College follows the guidance set by our local public health departments and the Centers for Disease Control and Prevention (CDC). Health Services regularly reviews the guidelines placed and updates criteria as needed.

If you test positive, are exposed, or have symptoms please stay home and contact Nurse Laura at laurahill@triton.edu or call Health Services at Ext. 3051.

Below is link to most current CDC guidelines:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/about-covid-19.html>

If you are having symptoms and not sure if it is COVID, CDC has a symptom checker. You need to answer a few questions and you will receive guidance from the CDC.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>

If you are sick, exposed or test positive, the CDC has a quarantine and isolation calculator. Answer the questions and you will receive information on how long to quarantine/isolate.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

You can check on community transmission levels through the CDC by entering your county.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

Are you up to date with your immunization?

You are **up to date** with your COVID-19 vaccines when you have received all doses in the primary series and all boosters recommended for you, when eligible.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

International travel guidelines (see “after arrival in the United States”)

https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html#anchor_1634925927097

How to protect yourself and others:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>