COVID-19 Frequently Asked Questions
NATIONAL DEFENSE UNIVERSITY

SYMPTOMS AND POTENTIAL EXPOSURE

What are the symptoms of COVID-19?
Symptoms appear 2-14 days after exposure and can include:

- Fever or chills
- Fatigue
- Headache
- Cough
- Muscle/body aches
- New loss of taste or smell
- Congestion/runny nose
- Shortness of breath
- Diarrhea
- Sore throat
- Nausea or vomiting
- New loss of taste or smell
- Congestion/runny nose
- Sore throat
- Nausea or vomiting

What should I do if I have been in close contact with someone who has tested positive for COVID-19 or is waiting for test results to come back?

What should I do if I've been in contact with someone...?

...who has tested positive for COVID-19?
...who is being tested?
...who might have been exposed...
...who has been in close contact with someone else who might have been exposed?

...are you vaccinated?

Yes.
No.

Self-quarantine and self-monitor
Self-monitor and practice social distancing
Practice social distancing

“Close contact” includes:

Anyone who has been within 6 feet or less for 15 cumulative minutes or more (in a 24-hour period) of an infected person starting from the 48 hours before the person began feeling sick until the time the person was isolated.

Can I do a self-screening for COVID-19 symptoms and risks?
The Centers for Disease Control and Prevention has developed a screening tool that asks about:

Your symptoms
Your potential risks (e.g., recent travel history)
Contact with others who may have had COVID-19

Fully Vaccinated? Click here for recommendations.
How long can the COVID-19 virus live on surfaces?

This is a general guide of how long the virus can live on some surfaces:

- **Cardboard**: 24 hours
- **Plastic (2-3 days)**
- **Wood**: 3 days
- **Metal, Glass, & Paper**: 4 days
- **Aluminum**: 2-3 hours

Individuals should clean and disinfect all surfaces in their environment daily. After visiting public spaces or bringing in takeout food or packages, people should wash their hands for at least 20 seconds with soap and warm water.

What safety precautions are in place for face-to-face classes?

With the current Health Protection Condition (HPCON) Bravo, the average capacity for classrooms will be <50% to maintain social distancing. With HPCON Bravo+, capacity will be <40%. Maximum room capacity will be posted inside and outside of classrooms. Seminars where will be offered where one half of the class is in the morning and the other half of the class is in the afternoon. Classrooms with two doors will have signage indicating designated entry and exit doors. Classrooms with only door will require students to allow one person at a time to enter or exit. [Click here](#) for HPCON Guidance

What is the difference between isolation and quarantine?

**Isolation** is for people who are already sick, beginning to show symptoms, and think they might have COVID-19, or tested positive for COVID-19. Those in isolation need to stay home at least 10 days after their symptoms begin and until their symptoms have improved and been without fever for at least 24 hours without fever reducing medications.

**Quarantine** is for people who have been exposed through close contact (within 6 feet) but are not sick. It is a pre-emptive measure to prevent spread of disease when people may have been exposed to COVID-19.

*Those who are fully vaccinated and in close contact with a positive individual DO NOT need to quarantine and isolate as long as they are asymptomatic. They must wear a mask for 14 days after the close contact encounter and may return to work.*

Can fully vaccinated people start gathering again?

**SOCIALIZING**

2 weeks after their final vaccine dose people can:

- If you are [fully vaccinated](#), you can resume activities that you did prior to the pandemic.
- To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of [substantial or high transmission](#). Regardless of vaccination status, masking is required indoors for all NDU students, faculty, staff, and visitors.
- You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at [increased risk for severe disease](#), or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- If you’ve been around someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don’t have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.
It’s natural to feel stress, anxiety, grief, and worry during this time. Everyone reacts differently, and your own feelings may change over time. Taking care of your emotional health will help you think clearly and react to urgent needs to protect you and your family.

The [COVID Coach app](https://app.traumahealth.com) is a resource that can help everyone in the military community maintain mental health during the pandemic. The app has four categories: “Manage Stress,” “Learn,” “Mood Check” and “Find Resources.”

Chaplain (COL) “Mitch” Butterworth can provide confidential counseling, spiritual, and religious guidance. Email him at mitchell.a.butterworth.mil@ndu.edu

The following is a list of websites that should be consulted for additional guidance on occupational safety and health considerations during the COVID-19 pandemic:

- Occupational Safety and Health Administration (OSHA): [Coronavirus Disease (COVID-19) | Occupational Safety and Health Administration (osha.gov)](https://www.osha.gov/coronavirus)