Self-Monitoring is continuing to perform normal functions while taking everyday preventative steps and being alert to the development of symptoms. Quarantine involves staying at home for 14 days, monitoring health by checking temperature twice a day, and watching for symptoms of COVID-19 as defined by the CDC and GDPH. Self-Isolation is staying at home and separating from others within the household by staying in a specific room or area and by using a separate bathroom (if available). Exposure to COVID-19 may occur by living in the same household as a sick person with COVID-19, caring for a sick person with COVID-19, being within 6 feet of a sick person with COVID-19 for 15 minutes or longer, or being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.). A symptomatic COVID-19 case is a person who has developed signs and symptoms compatible with COVID-19. Symptomatic transmission refers to transmission of the virus from a person while they are experiencing symptoms. An asymptomatic laboratory-confirmed case is a person infected with COVID-19 who does not develop symptoms. Asymptomatic transmission refers to transmission of the virus from a person who does not develop symptoms. A person is pre-symptomatic during the incubation period for COVID-19, which is the time between exposure to the virus (becoming infected) and symptom onset. The incubation period is on average 5-6 days, however can be up to 14 days. During the pre-symptomatic period, some infected persons can be contagious. Visit gsw.edu/BackOnTrack for more information about GSW’s return-to-campus plans and procedures.