

Given the highly contagious nature of the coronavirus, all UVA students should prepare for the possibility of getting COVID-19 or being exposed at some point over the course of this academic year. Even with safety precautions and public health guidance in place, students living with other students will be especially susceptible. **It's important for you to plan ahead with your family and roommates.**

I'm experiencing COVID-19 symptoms...

- **You should self-isolate** and schedule a symptomatic COVID-19 test at Student Health and Wellness or other testing site.
- **You should not attend class, work, or social gatherings.** You can ask a friend to pick up [UVA Dining to-go meals](#) for you. Please stay in your room and wear your mask.
- Communicate with your roommate and family. Consider next steps if your test result is positive.

I have tested positive for COVID-19...

- **You should begin your isolation plan.** You must isolate for at least 5 days. Consult [CDC Quarantine and Isolation Guide and Calculator](#) to calculate your period of isolation.
- **You should continue to wear a well-fitting mask for 5 days after isolation ends,** or 10 days from symptom onset (or date of test if don't have symptoms).
- **If you receive positive test results through SHW,** important isolation guidance will be included in the test results communication from the SHW HealthyHoos Patient Portal. **If you received your positive PCR test result from a provider other than SHW,** upload the test result to the [HealthyHoos patient portal](#) (select "Uploads," choose "COVID-19 Mandatory Test Results" as the document) You will then receive a communication from SHW with isolation guidance and next steps.
- **Students living in University housing who test positive have two options:** **1)** Move to alternate temporary accommodations (such as home) at their own expense. Students will not be relocated and will not be permitted to move to any other residence hall during their isolation period. **2)** Self-isolate in their University housing room. If you choose to remain in University housing:
 - **You ARE expected to wear a well-fitted mask** at all times outside of the room & inside the room if it is a shared space. If you have a single room or your roommate has also tested positive for COVID-19, you do not have to mask while in your room.
 - **You ARE permitted** to leave your room to access the restroom, pick up food, do laundry, pick up mail/packages, or for and medical needs, including testing. You need to limit time outside your room.
 - **You ARE NOT permitted** to go to classes, labs, libraries, or access other University facilities. You should contact your faculty. Faculty are accustomed to accommodating students who are absent due to illness.
 - **You are NOT permitted** to have guests in your room or have in-person conversations in any common space outside the room, and cannot utilize lounges, designated study or meeting spaces, or community kitchens.

I was in close contact with a person with COVID-19...

- Consult the [CDC Quarantine and Isolation Guide and Calculator](#).
- **If you are fully vaccinated, boosted, or had COVID-19 within the last 90 days**, you do not need to isolate. Begin wearing a well-fitting mask whenever you are around others (including in your residence hall) and plan to do so for a full 10 days post-exposure. Get tested at least 5 days after your last exposure (unless you've tested positive in the last 90 days).
- **If you are unvaccinated or unboosted and have not had COVID within the last 90 days**, you need to **quarantine** for 5 days post-exposure (i.e. do not attend class, work, social gatherings.) **You should get tested on day 5 after your exposure** through UVA Student Health and Wellness and continue to quarantine until you receive a negative test result. If you test negative, and as long as symptoms do not develop, you can end quarantine **but should continue to wear a well-fitting mask** around others for an additional 5 days (10 days after exposure). If you test positive, you should begin your isolation plan.
- **Students living in University housing who need to quarantine have two options:** **1)** Move to alternate temporary accommodations (such as home) at their own expense. Students will not be relocated and will not be permitted to move to any other residence hall during their quarantine period. **2)** Quarantine in their University housing room. If you choose to remain in University housing:
 - **You ARE expected to wear a well-fitted mask** at all times outside of the room & inside the room if it is a shared space. If you have a single room or your roommate has also tested positive for COVID-19, you do not have to mask while in your room.
 - **You ARE permitted** to leave your room to access the restroom, pick up food, do laundry, pick up mail/packages, or for and medical needs, including testing. You need to limit time outside your room.
 - **You ARE NOT permitted** to go to classes, labs, libraries, or access other University facilities. You should contact your faculty. Faculty are accustomed to accommodating students who are absent due to illness.
 - **You are NOT permitted** to have guests in your room or to engage other students in in-person conversations in any common space outside the room, and cannot utilize lounges, designated study or meeting spaces, or community kitchens.

My roommate has COVID and is isolating in our room...

- **Your roommate will not be relocated from University housing.** You can remain in your room or move to alternate temporary accommodations (such as home) at your own expense.
- **You are highly encouraged to wear a well-fitting mask** inside your room.
- **You are NOT permitted to sleep outside your room within the residence halls**, such as in other rooms or community lounges.
- **You should get tested** if you are a close contact (see above). If at any time you test positive, you must move to alternate temporary accommodations at your own expense or self-isolate in your room.
- **No guests** are allowed in any room of any student who is currently isolating. A resident in isolation may NOT visit anyone else's room on-Grounds.