

**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. 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.** Consult [CDC guidelines](#) for current recommendations.
- **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**, you do not need to notify SHW unless you have medical or isolation concerns. Please follow CDC isolation guidelines and use the [CDC Quarantine/Isolation calculator](#) for specific guidance on when you can end isolation.
- **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-fitting 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...

- Follow [CDC guidelines](#) for timelines and precautions.
- Students may continue to go about their usual activities with the following precautions:
  - **You are expected to wear a well-fitting mask at all times** that you are indoors and around others for a full 10 days following your exposure.
  - **You are expected to get tested** at least 5 full days after your last exposure.
  - **You are expected to self-isolate** and get tested promptly if you develop symptoms.

## 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.