

## Isolation Procedures and Resources for Students Off- Grounds v 8.17.22

**For those starting their isolation period, we are sorry that you have COVID-19 – particularly if you are not feeling well.**

**Please save this message because it includes links and phone numbers that will be helpful throughout the isolation period.**

### **Medical Assistance**

#### **Isolation:**

You do not need to contact Student Health and Wellness for clearance at the end of isolation and you do not need a test to end isolation. Please follow CDC guidelines for when and how to discontinue isolation.

You should consider medical consultation in any of the following situations. You may do so by scheduling a telephone appointment online through the Healthy Hoos patient portal (select COVID Questions):

- You have a serious underlying health condition
- You are a possible candidate for [Paxlovid or other COVID-19 therapies](#)
- You experience any moderate to severe symptoms (lightheadedness or dizziness, fever > 3 days, chest pain, shortness of breath, significant worsening of symptoms) or you have questions about your symptoms.
- You are a School of Medicine or School of Nursing student and need to obtain a furlough from clinical duties (please schedule telephone COVID questions for School of Medicine or School of Nursing appointment).

#### **Student Health and Wellness Medical Services Contact Information:**

- 434-982-3915 (Business Hours)
- 434-297-4261 (After Hours)
- 911 for Emergencies (alert the first responders that you are in isolation)
- [Healthy Hoos patient portal](#)

## Well-being and Mental Health

Isolation can be a difficult experience, so it is important to be proactive about addressing well-being. You are encouraged to stay in good contact with family and friends through telephone, email, and various visual media to remain connected.

In addition, Counseling and Psychological Services (CAPS) is available to provide remote support through telehealth counseling and psychiatry appointments. On-call crisis counselors are also available 24 hours a day, 7 days a week if you feel you need to talk with someone right away. To access any of CAPS services, call 434-243-5150. You can also access [TimelyCare](#), a free online, confidential mental health tool available to UVA students 24 hours a day, 7 days a week. Visit the [CAPS website](#) for more information mental health resources available to you.

## Isolation Space

Students living off-Grounds should return home if safe to do so or plan to isolate in their living accommodations off-Grounds if the space is suitable. Guidance for how long to isolate is available through [Student Health & Wellness](#).

**Isolation:** If you test positive for COVID-19, you are expected to [isolate](#) for the time period that you might be infectious. To isolate yourself, you should stay in your own room and use your own bathroom, without using shared living spaces, for the duration of your isolation period. If you are unable to do this, you should consider a hotel or returning home. If you need further guidance on how to properly isolate, please review [CDC resources](#).

## Food Support & Financial Assistance

You will be responsible for arranging your own meals to be delivered to you in your off-Grounds location for the duration of your isolation. You might consider enlisting the assistance of friends or family to deliver groceries or meals to you outside of your door (remember, no personal contact). You may also want to research and leverage a variety of food/meal delivery services, including GrubHub (<https://www.grubhub.com>) and DoorDash (<https://www.doordash.com/en-US>). If you have concerns about resources for food or other needs, the University may have emergency hardship funds available depending on a student's particular financial situation. To explore options, please visit the Student Financial Services website or email: [emergencyfunding@virginia.edu](mailto:emergencyfunding@virginia.edu).

## Academic Considerations

You should contact your instructors directly regarding academic considerations while in isolation. If needed, your school academic/association dean can provide assistance.

### Support for other Hoos

If you tested positive for COVID-19 and think that you may have been in close contact with another student while you were contagious, you are encouraged to let them know and follow [CDC guidelines](#) for close contacts and exposure.

### End of Isolation:

Please follow current [CDC guidelines](#) for ending isolation.

### Life After COVID-19

If you are leaving isolation after a COVID-19 diagnosis, you can find information about life after COVID [here](#). In addition, you are still responsible for following all University, Charlottesville, and state public health guidelines.

Important additional contact information for students in isolation:

- **Additional Isolation Resources:** [COVID-19 | Student Health and Wellness \(virginia.edu\)](#)
- **Counseling & Psychological Services (24 hours a day):** 434-243-5150
- **UVAPD (for emergency situations):** 911; 434-924-7166 for non-emergencies
- **Virginia Department of Health hotline:** (434) 972-6261