All UVA students are participating in weekly COVID-19 prevalence testing, and if symptomatic, are tested at the Department of Student Health and Wellness (SHW). Students should be prepared to make decisions based on results every time they test. It’s especially important for students and their families to discuss and plan for a close contact or positive COVID-19 test result. Consider the different options, think about both mental and physical health and well-being, and remember that UVA is here to help.

**QUARANTINE**
- is the separation of a student who is a close contact of a person with COVID-19 from others.

**ISOLATION**
- is the separation of a student who has tested positive for COVID-19 from others.

**If a student lives on Grounds and is a close contact or has tested positive for COVID-19, they will have the option to either move into University-arranged I/Q housing OR return to their permanent home.**

### Should I go home if I need to begin quarantine and/or isolation?

There are obvious risks for a family who decides for their student to come home when they've been asked to quarantine or isolate, and it is not a decision that should be made lightly. Here are some questions to consider:

- Do we have others in our home who are at high-risk for COVID-19?
- Is our student at high-risk for COVID-19 complications?
- Will our student be in danger due to mental health issues that may be exacerbated if they were in quarantine or isolation away from home?
- Is there space in our home for the student to have their own bedroom and bathroom?
- If there is not space in our home for the student to have their own bedroom and bathroom, do we have the capacity to wear masks in our house, clean shared spaces frequently, and follow other CDC and VDH guidelines?
- Are all family members comfortable with this plan?

### TIPS FOR CAR TRAVEL:

- Limit who is in the car (**ideally, student and one family member only**)
- Everyone should wear a mask (**Review double-masking guidelines**)
- Have hand sanitizer available
- Try for open windows
- Try for 6ft+ separation

### ADDITIONAL RESOURCES TO REVIEW

- SHW: Isolation/Quarantine Resources
- VDH: Suspected/Confirmed COVID-19
- VDH: Ending Isolation/Quarantine
- CDC: Cleaning + Disinfection at Home
All students should follow these steps to prepare for potential isolation or quarantine periods.

<table>
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<tr>
<th>to do</th>
<th>notes</th>
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<tr>
<td><strong>STOCK UP ON MEDICATIONS</strong>&lt;br&gt;Make sure you have a thermometer and medications like extra strength Tylenol (Acetaminophen) and ibuprofen at home.</td>
<td>Other suggested medications include: nasal saline rinses, sore throat lozenges, Pseudoephedrine (Sudafed or generic), Robitussin DM (dextromethorphan), and nighttime symptoms medication (Nyquil or generic).</td>
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<td><strong>ROOM READINESS</strong>&lt;br&gt;You should not need to leave your room and bathroom at home. Make sure it’s supplied with towels, hand sanitizer, toiletries, snacks, and water.</td>
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<td><strong>COME UP WITH A TRAVEL PLAN</strong>&lt;br&gt;Please avoid taking public transportation if at all possible.</td>
<td>Visit the CDC’s “Caring for Someone Sick at Home” webpage for additional instructions and suggestions.</td>
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<td><strong>STAY SEPARATED FROM OTHERS</strong>&lt;br&gt;Stay in your room/bathroom. If it is necessary for you to leave your room, wear a mask and gloves at all times. Wash/sanitize your hands frequently.</td>
<td>Student Health and Wellness phone #s:&lt;br&gt;Call: (434) 924-5362&lt;br&gt;After-Hours: (434) 297-4261&lt;br&gt;Call 911 for emergencies</td>
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<td><strong>MONITOR YOUR SYMPTOMS</strong>&lt;br&gt;If you develop symptoms or symptoms worsen, call your local care provider or contact SHW if you’re in Charlottesville.</td>
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<tr>
<td><strong>GET REST AND STAY HYDRATED</strong>&lt;br&gt;Especially if you have symptoms, get plenty of rest and drink water.</td>
<td>Please answer your phone even if you do not recognize a phone number. Make sure your voice mail box is set up and able to receive voicemails.</td>
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<td><strong>ANSWER YOUR PHONE</strong>&lt;br&gt;Medical providers or contact tracers may be calling you. It is important that everyone engages with public health workers to limit further spread of the virus.</td>
<td>For Office of the Dean of Students or Dean on Call:&lt;br&gt;434-924-7133 (weekdays, 8am - 5pm)&lt;br&gt;434-924-7166 (after hours, weekends)</td>
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<td><strong>KEEP UP WITH YOUR ACADEMICS</strong>&lt;br&gt;While students should notify their instructors of any need to miss class (in-person or remote), you can also ask for assistance from the Office of the Dean of Students.</td>
<td>Check out the Student Health and Wellness’ Coping with Isolation/Quarantine webpage: studenthealth.virginia.edu/coping-quarantine-isolation</td>
</tr>
<tr>
<td><strong>STAY POSITIVE</strong>&lt;br&gt;Keep in touch with friends virtually! Check out UVA well-being resources like WahooWell, SilverCloud, and the Contemplative Sciences Center.</td>
<td>Your end date will be provided to you by the Virginia Department of Health or SHW.</td>
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<tr>
<td><strong>ENDING QUARANTINE/ISOLATION</strong>&lt;br&gt;Your quarantine or isolation period depends on if you were a close contact, have symptoms, and/or had positive COVID-19 test result.</td>
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COVID-19 information and protocol can change quickly. If you have any questions, don’t hesitate to email coronavirus@virginia.edu
If you need to quarantine or isolate in your home, prepare for at least 10 full days in isolation and 10 full days in quarantine. Please consult your health care provider for your specific timeline. If you are in the Charlottesville/Albemarle area, call the Department of Student Health and Wellness to discuss symptoms and/or exposures at (434) 924-5362.

**Quarantine:**
- Take a COVID-19 test after last exposure
- **Negative Test Result**
  - Call SHW to review your symptoms and potential testing needs.
  - Last close contact with person with COVID-19*

**Isolation:**
- Take a COVID-19 test after last exposure
- **Positive Test Result**
  - Call SHW to review your symptoms and potential testing needs.
  - Last close contact with person with COVID-19*
- **Negative Test Result**
  - Around 9 days after your exposure, take your second COVID-19 test if your first test was negative. If this test is negative, you can end quarantine after at least 10 full days have passed since the day of your last close contact.

**Quarantine:**
- Take a COVID-19 test after last exposure
- **Positive Test Result**
  - Call SHW to review your symptoms and potential testing needs.
  - Last close contact with person with COVID-19*
- **Negative Test Result**
  - Around 9 days after your exposure, take your second COVID-19 test if your first test was negative. If this test is positive, you will switch from quarantine to isolation. If you have never developed symptoms, you can end isolation after at least 10 full days have passed since the day of your positive test result.

**Quarantine**
- As soon as you develop symptoms, quarantine away from others in your room.
- **Positive Test Result**
  - Call SHW to review your symptoms and potential testing needs.
  - The day your symptoms began

**Isolation**
- You can end isolation after THREE things occur: 1) at least 10 full days have passed since the date of your positive test, 2) you’ve had at least 24 hours of no fever without the use of fever-reducing medication, and 3) other symptoms have improved.

**If symptoms develop** after your positive test result and while you are already in isolation, your isolation timeline resets and the day your symptoms develop is your new isolation start date.

**Isolation**
- You can end isolation after THREE things occur: 1) at least 10 full days have passed since the date of your positive test or symptoms first appeared, whichever is longer, 2) you’ve had at least 24 hours of no fever without the use of a fever-reducing medication, and 3) other symptoms have improved.

*For the full definition of close contact, visit vdh.virginia.gov/coronavirus/local-exposure/*