



Given the highly contagious nature of the coronavirus, all UVA students should expect and prepare to spend time in quarantine and isolation 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 to COVID-19. It's 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, if safe to do so.

Should I go home instead of moving into UVA I/Q housing?



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. Given the likelihood that students and families will be faced with this decision, start discussions now about your family's plan. 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?

ADDITIONAL RESOURCES TO REVIEW



UVA I/Q WEBPAGE:
[coronavirus.virginia.edu/
isolation-quarantine](https://coronavirus.virginia.edu/isolation-quarantine)



SHW I/Q WEBPAGE:
[studenthealth.virginia.edu/
quarantine-isolation](https://studenthealth.virginia.edu/quarantine-isolation)



GO BAG PACKING LIST:
[housing.virginia.edu/
go-bag-packing](https://housing.virginia.edu/go-bag-packing)



BE I/Q READY

CLOSE CONTACT/NO SYMPTOMS (resulting in a negative COVID-19 test)

As soon as you know about a potential exposure, quarantine away from others in your room.



Call Student Health and Wellness (SHW) to review your exposure and potential testing needs.

PLEASE NOTE: These timelines are examples.



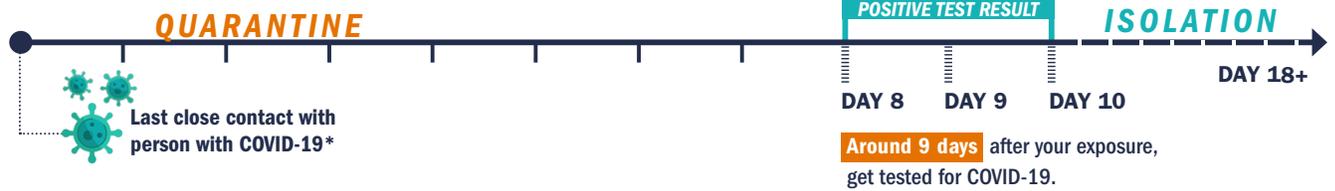
CLOSE CONTACT/NO SYMPTOMS (resulting in a positive COVID-19 test)

As soon as you know about a potential exposure, quarantine away from others in your room.



Call SHW to review your symptoms and potential testing needs.

If you have never had any symptoms, you can end isolation after at least 10 full days have passed since the day of your first positive test result.

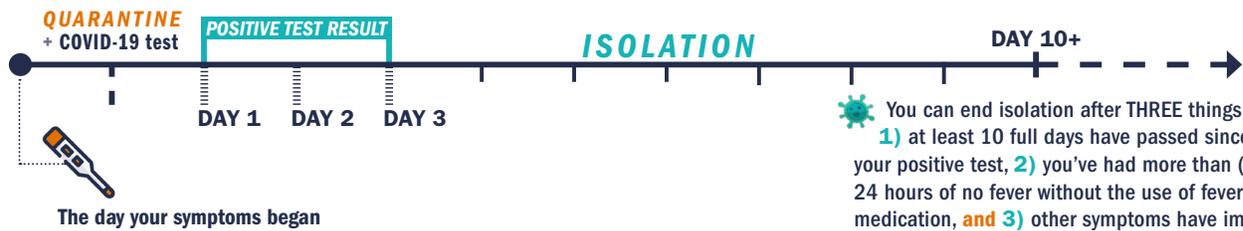


SYMPTOMATIC (resulting in a positive COVID-19 test or developed symptoms while on other timelines)

As soon as you develop symptoms, quarantine away from others in your room.

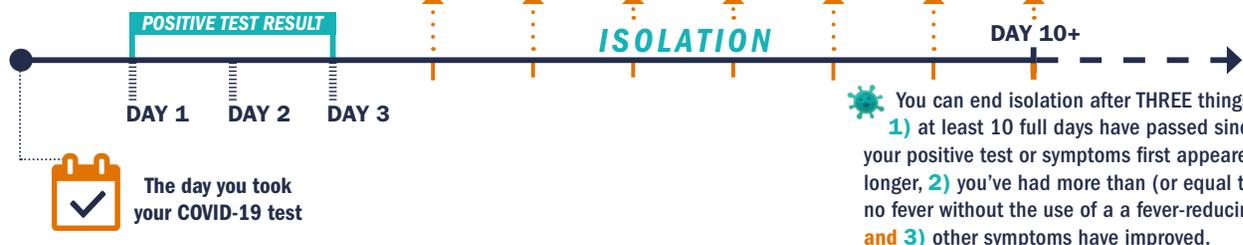


Call SHW to review your symptoms and potential testing needs.



UVA PREVALENCE TESTING (residence halls, satellite clinic, + saliva testing)

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.



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



Going Home Checklist

BEFORE

1

to do

STOCK UP ON MEDICATIONS

Make sure you have a thermometer and medications like extra strength Tylenol (Acetaminophen) and ibuprofen at home.

notes

Other suggested medications include: nasal saline rinses, sore throat lozenges, Pseudoephedrine (Sudafed or generic), Robitussin DM (dextromethorphan), and nighttime symptoms medication (Nyquil or generic).

2

ROOM READINESS

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.

3

COME UP WITH A TRAVEL PLAN

Please avoid taking public transportation if at all possible. If driving home with family, everyone should wear a mask. Try for open windows and 6ft+ separation.

4

STAY SEPARATED FROM OTHERS

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.

Visit the CDC's "Caring for Someone Sick at Home" webpage for additional instructions and suggestions.

5

MONITOR YOUR SYMPTOMS

Check your temperature every day. If you would like to speak to a provider about symptoms, see your local care provider or schedule a virtual appointment with SHW.

Student Health and Wellness phone #s:
Call: (434) 924-5362
After-Hours: (434) 297-4261
Call 911 for emergencies

6

GET REST AND STAY HYDRATED

Especially if you have symptoms, get plenty of rest and drink water.

7

CONTACT TRACING

If you have been identified as a close contact of someone with COVID-19, a public health worker will call you to notify you and check on your health.

It is important that everyone engages with public health workers during contact tracing to maximize the opportunity to limit further spread of the virus. Please take these calls or return a message ASAP!

8

KEEP UP WITH YOUR ACADEMICS

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.

For Office of the Dean of Students or Dean on Call:
434-924-7133 (weekdays, 8am - 5pm)
434-924-7166 (after hours, weekends)

9

STAY POSITIVE

Keep in touch with friends virtually! Check out UVA well-being resources like WahooWell, SilverCloud, and the Contemplative Sciences Center.

Check out the Student Health and Wellness' Coping with Isolation/Quarantine webpage: studenthealth.virginia.edu/coping-quarantine-isolation

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ENDING QUARANTINE/ISOLATION

Your quarantine or isolation period depends on if you were a close contact, have symptoms, and/or had positive COVID-19 test result.

DURING QUARANTINE / ISOLATION

