



RESIDENCE HALL TESTING

Your residence hall is being asked to participate in prevalence testing and/or quarantine, and we appreciate your flexibility and understanding. We understand that this process can bring up all kinds of feelings—from being overwhelmed to fear, sadness, or even anger. All of these feelings are normal! We'd like to give you a better idea about what to expect with the testing process, possible scenarios based on the outcome of your test, and what you can do now to prepare.

Why is this happening?

This is part of the University's greater prevalence testing plan. Some of your fellow residents may have tested positive for COVID-19 or wastewater samples from your residence hall indicated that SARS-CoV-2, the virus that causes COVID-19, is present. By testing and/or quarantining you and your fellow residents, we will be able to identify additional individuals infected with COVID-19 and their close contacts, which will help us to isolate the virus and efficiently mitigate the spread to others in our community.

What is the testing process?

In the satellite clinic, mid-nasal test swabs are used. These are similar to the pre-arrival Let's Get Checked tests. In door-to-door dorm testing, nasopharyngeal tests are used, which involve a nose and throat swab. Please note, our testing teams are refining protocols as we gain more information and experience. Test samples are sent to the UVA Health labs for processing, which usually takes up to 48 hours. If these labs are near capacity, sometimes testing samples are sent to back-up labs in the state.

If your test result is positive, you will receive a phone call from a SHW provider. They will provide medical guidance for your upcoming isolation period. You will then be contacted by the Office of the Dean of Students (ODOS), and they will provide information about your isolation housing, meals, and other logistics if you plan to isolate on Grounds. Please be patient—this call may take a couple of hours. You will also be contacted by the Virginia Department of Health (VDH) so they can provide additional isolation guidance and speak with you about any close contacts you may have had. It is helpful to have a "close contact" list ready when they call, which should include anyone you were in close contact with during your infectious period (2 days before your test.) Remember, no student will be subject to disciplinary action for positive test results or for any information that is disclosed during contact tracing.

If your test is negative, you will be able to check your test results via a patient portal within a few days of your test. Check your initial prevalence testing notification email for more details. You will receive a call from the VDH if you are identified as a close contact of someone who tested positive for COVID-19. If you receive a call from VDH, you will be placed into quarantine housing if you plan to quarantine on Grounds. All roommates of those who test positive will be asked to quarantine, whether they choose to do so on Grounds or at home, even if they have not yet received a call from VDH.



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



SHW COVID-19 HUB:
[studenthealth.virginia.edu/
covid-19](https://studenthealth.virginia.edu/covid-19)



WELL-BEING RESOURCE:
wellbeing.virginia.edu

What should I do right now?

While it may be difficult, try to remain calm. Connect with friends and family, and support others in your residence hall. Give yourself some time to feel and understand your emotions. Then, start preparing. Most importantly, know that we are working hard to keep you and the UVA community safe, and we appreciate all that you are doing to ensure your part!

to do

notes

1

TAKE A DEEP BREATH

Remember that feeling overwhelmed, sad, and scared is normal. Give yourself some time to process, and use your support systems to talk things through.

2

PACK A GO BAG

It should contain towel/washcloth, toiletries, clothing, laptop and school supplies, chargers for electronics, medications, and any personal items to last 10 days.

My Go Bag "Don't Forget!" list:

3

TALK THROUGH A PLAN

Think through the various scenarios based on your test results, and talk through these situations with your parents or a trusted friend.

4

REFLECT ON ACADEMICS

Contact professors if you will be missing any in-person classes in the next day or two. Take this time to study for an upcoming test or delve into a school project.

5

REREAD YOUR EMAILS

You will be sent a lot of information via email. Please review those messages if you have questions, and be patient as we assist all students who are impacted.

6

CONNECT WITH FRIENDS

Whether they're at UVA or friends from home, give them a call and catch up. See how your hallmates are doing. A "Hey, how are you?" can go a long way!

7

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EMPATHY

We knew that people within the UVA community would get COVID-19, but many of you may now know someone who has the virus or has been exposed to the virus.

This can bring up all kinds of emotions—from feeling overwhelmed to fear, sadness, or even anger. These emotions can make it challenging at times to practice empathy and respond with compassion. Ultimately, it is our responsibility as a UVA community to support our fellow Hoos and provide a whole lot of empathy for what each and every one of us is experiencing, particularly those in isolation and quarantine.

How You Can Help a Hoo *with* COVID-19

Communicate with them directly. Call them regularly, listen, and ask how you can help.

Do well-being activities together. Check out the UVA CSC and IM REC schedules for virtual, free yoga and exercise classes.

Find common ground, even if you can't be together. Make plans to study together, talk through your classes, and keep each other up-to-date on academic developments.

Download Netflix Party to watch movies and television shows together virtually. Try to make a routine of it so you both have something to look forward to.

Figure out when they are eating meals, and try to match up your meal with theirs. Zoom or FaceTime and eat together.

Check out UPC programming and UVA Student Engagement's "Getting Involved" webpage for virtual events, a UVA involvement calculator, and more.

Encourage empathy and challenge victim blaming and negative speech when you hear it. Remind your peers that students in quarantine and isolation are helping to prevent the spread of the virus, and that some of them may be feeling quite sick.

Avoid rumors. Help break down any social stigmas associated with contracting COVID-19.

If you become worried about their mental health or well-being, recommend resources within Student Health and Wellness and at the University.

Let's support fellow Hoos by being a friend, remaining flexible, being safe, encouraging and practicing self-care, and always being respectful and kind. If we take care of each other, we can build strong, resilient relationships and communities—even if many of our interactions are virtual. Together, we will get through this.