WHAT’S ISOLATION — and what’s next?

ISOLATION is the separation of a person with COVID-19 from others. If you have symptoms of COVID-19, it’s important that you limit your contact with others until you are tested and receive results. Call Student Health and Wellness at (434) 924-5362 to arrange for a COVID-19 screening.

“I have a confirmed COVID-19 infection.”

Students living on Grounds will be moved to UVA-managed isolation housing. If students living off Grounds are unable to isolate in their local residence, they will be offered UVA-managed isolation housing. Any student can opt to return to their permanent home, if safe to do so. Isolation will end when at least 10 full days have passed since the date of your last positive test or the development of symptoms (whichever is longer) AND you haven’t had a fever for at least 24 hours (without the use of medication) AND other signs of illness are improving; or, if asymptomatic, since your positive COVID-19 test date.

“I have a suspected COVID-19 infection.”

Students living on Grounds will be moved to UVA-managed quarantine housing while awaiting test results. Student living off Grounds will need to quarantine at their local residence. Any student can opt to return to their permanent home, if safe to do so. If COVID-19 testing results in a confirmed infection, a student’s isolation period will begin on the day of their positive test result or on the day symptoms developed, whichever is longer.

HOOS GO BAG

All students living on Grounds must have a Go Bag packed and ready. Your Go Bag should include enough supplies to last you at least 10 days*. Things to pack include clothing, snacks, toiletries, reading materials, school supplies, electronics chargers, and a thermometer (required). It is highly recommended you pack acetaminophen (ex. Tylenol) and ibuprofen (ex. Advil, Motrin). If you are moving into a residence hall for isolation, please bring towels/washcloths.

Q: Will the local or state health department call me if I have received a positive COVID-19 test?
A: Yes, because labs and health care providers are required to report positive COVID-19 cases.

Q: What should I do if I think I have symptoms of COVID-19?
A: Call Student Health and Wellness. If you’re not at home, go back to your room/residence & self-isolate.

ISOLATION TIPS

Our community is immensely grateful to you for helping to stop the spread of COVID-19. Get well soon!

Ask for help! We’re here for you.
Office of the Dean of Students or Dean on Call:
434-924-7133 (weekdays, 8am - 5pm)
434-924-7166 (after hours, weekends)

Keep up with your classes via Zoom, and connect with family and friends too! Online well-being resources are available to students at no cost. Visit studenthealth.virginia.edu/coping-quarantine-isolation to learn more.

Call 911 or go to the nearest emergency room if you are:

- Having trouble breathing
- Experiencing persistent pain or pressure in the chest
- Experiencing new confusion
- Having trouble waking up or staying awake
- Experiencing bluish lips or face
- Having any other symptoms that are severe/concerning

*COVID-19 information and protocol can change quickly. If you have general questions or concerns, email covidinformation@virginia.edu

Content Sources: Virginia Department of Health, Centers for Disease Control and Prevention