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 confirmed or suspected COVID-19 infection and live on Grounds.”
Any student can opt to return to their permanent home, if safe to do so. If staying local, students will be moved to isolation housing. Isolation will end when at least 10 full days* have passed since symptoms developed or, if asymptomatic, since your COVID-19 test date AND you haven’t had a fever for at least 24 hours* (without the use of medication) and other signs of illness are improving.

“I have confirmed or suspected COVID-19 infection and live off Grounds.”
Any student can opt to return to their permanent home, if safe to do so. If staying local, students will isolate at their local residence. You must isolate until at least 10 full days* have passed since symptoms developed or, if asymptomatic, since your COVID-19 test date AND you haven’t had a fever for at least 24 hours* (without the use of medication) and other signs of illness are improving.

**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 14 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 returntogrounds@virginia.edu

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