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 testing appointment.

“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 living on Grounds will need to move to isolation housing. You must isolate until at least 10 days* have passed since symptoms developed or you had a positive test (if you have no symptoms) **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 in Charlottesville, students living off Grounds will isolate at their local residence. You must isolate until at least 10 days* have passed since your symptoms developed or you had a positive test (if you have no symptoms) **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).

**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 COVID-19 or have COVID-19 symptoms?

**A:** Call Student Health and Wellness to discuss your symptoms. In the meantime, please 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 like WahooWell, SilverCloud, and the Contemplative Sciences Center are available to students at no cost.

*COVID-19 information and protocol can change quickly. If you have any questions, don’t hesitate to email returntogrounds@virginia.edu

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