WHAT'S QUARANTINE — and what's next?

QUARANTINE is the separation of people exposed to COVID-19. If you are contacted by the local health department because you are a close contact of a person with COVID-19 and need to quarantine: Students living on Grounds should call the Office of the Dean of Students at 434-924-7133 during business hours, and after-hours at 434-924-7166 (UPD non-emergency line, ask for Dean on Call). Students living off Grounds should quarantine in their home immediately. All students in quarantine should monitor for COVID-19 symptoms and check their temperature daily.

CLOSE CONTACT Some examples of close contact with a person who has tested positive for COVID-19 include being less than six feet from them for at least 15 minutes (e.g. having lunch or being part of a gathering with them), living with them, providing care for them, or having exposure to respiratory secretions (e.g., being coughed or sneezed on, sharing a drinking glass or utensils, kissing) from them.

Q: Will the local or state health department call me if they think I've been exposed? A: Yes, if you have been identified through contact tracing as having been exposed to COVID-19.

Q: What should I do if I think I've been in close contact with a person who has COVID-19? A: Contact Student Health & Wellness to discuss your exposure at 434-924-5362.

I live on Grounds and my roommate tested positive for COVID-19.

You will have the option to quarantine in University-arranged housing or return to your permanent home, if safe to do so. You need to quarantine until at least 14 full days* have passed since your last contact with your roommate AND you remain healthy with no symptoms.

QUARANTINE 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.

I live off Grounds and my housemate tested positive for COVID-19.

You should separate yourself from ALL of your housemate(s) and others. Your quarantine location should include your own bedroom and bathroom. You must quarantine by yourself until at least 14 full days* have passed since your last contact with your housemate with COVID-19 AND you remain healthy with no symptoms.

If you are unable to separate completely from your housemate(s) with COVID-19, you must quarantine until at least 14 full days* have passed since your housemate with COVID-19 was allowed to end home isolation AND you AND your housemates remain healthy with no symptoms.

*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